

THIS VIELS

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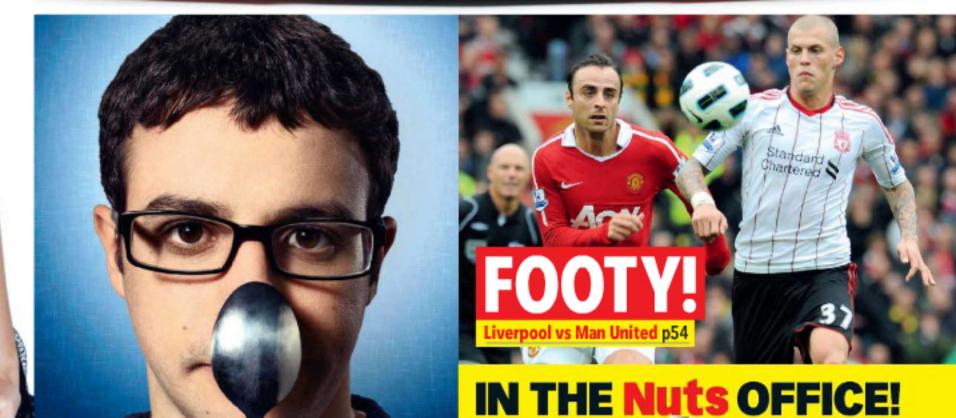
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IN THE REAL PROPERTY OF THE PARTY OF THE PAR





STARS!
Simon Bird p34

Nuts' finest tuck into some
Greggs hot cross buns



Charles and Camilla felt confident of out-pacing the rioters this time

WELL, WE CAN ALWAYS DREAM!

Nuts EXCLUSIVE!

All new Lamborghini!

The Aventador LP 700-4 - Lambo's first new model for eight years!

- The Reventón and Sesto Elemento concept cars aside, this is Lamborghini's first new model since the Gallardo in 2003.
- And boy, this is some replacement. The numbers next to the name signify the car's horsepower (a ludicrous 700bhp) and power train (their now standard fourwheel-drive powerplant).
- The important stuff:
 The engine's a naturally-aspirated, 6.5-litre, 700bhp,
 V12 thumper. It grunts the
 Aventador to a 0-62mph click of 2.9 seconds edging into hypercar territory and on to a top whack of 217mph.
- The main reason for these blistering figures is a superlight, all carbon-fibre, singlepiece monocoque, which
- weighs 148kg in its entirety. Because of this, the whole car weighs just 1,575kg.
- The power's channelled through special "ISR" (independent shifting rods) transmission, making for a faster, lighter gearbox and what Lamborghini call "the world's most emotional gear shift". It's quick, that's for sure, at a 50 millisecond blip.
- The cool stuff: like its predecessor, the Murciélago, the Aventador has verticalopening "Lamborghini doors". And you start it by popping up a missile-like starter button cover.
- The Premier League price for this Premier League car?
 On the road for £242,280 for late summer delivery. In time for close season, Mr Rooney!

Nuts NEWS











NEW NEW YORK!

HELICOPTER

HELL-RAISING! Like the first game, if getting hands-on with

an enemy gets tiring, just

and unleash merry hell on your enemies with rocket and high velocity rounds. Boom!

The explosions, the New York City environments and the eye-popping object damage have all been significantly ramped up and improved for this head-spinning sequel. Combat has never been so spectacularly satisfying.





IMPROVISED WEAPONS!

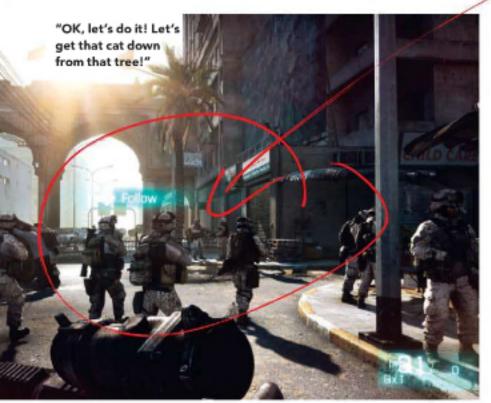
Your mutations become improvised weapons, visibly adapting to become ever more menacing, twisted and vicious, the more you practice using them. One more killing spree for luck? Oh, go on then, if you insist!

BIGGER BADDIES!

The Behemoth is a truly terrifying, pulsating hunk of pre-lipo blubber. He wreaks flesh-melting carnage wherever he roams, and New York's going to need more than a hose and some Cillit Bang to clean up after this lot!







f you're into first-person shooters, you'll know Dice's work – they're the Swedish clever-clogs behind the super-popular Battlefield series.

We caught up with Dice head honcho Patrick Bach, who told us how they're bringing Battlefield 3 to consoles, and which weapons are the best for destroying houses!

The game's not out till autumn, but that gives us plenty of time to save our pennies!

Hi Patrick! First up, can you tell us where Battlefield 3 is set?

Well, the images you can see are set in Sulaymaniyah, a city on the border between Iran and Iraq. We can't really go into the details of the story too much at the moment, but this scene's quite early in the game, right at the start of the campaign.

We can see a cool-looking helicopter. How do they fit in?

The vehicles are a big part of the gaming experience, and that's true of BF3. In single player, we give you certain vehicles at certain times to ride in, but also to control – that's what makes it different from most shooters. You take control of tanks, helicopters and planes, as well as the infantry.

We can also see a chap blowing up a building with a rocket launcher - how destructible are the environments? We want to create a totally destructible environment, rather than an environment that can just be "affected". But this image is actually showing an event that will be a specific objective there's a guy hiding in this building. So, depending on the situation, you'll get objectives, or in multiplayer you can more or less take down any building to reveal the men behind it. How we put it is, "If you have a big gun, you can make a big hole!" How big a part does teamwork play in BF3? Teamwork's always the thing in all BF games, and even more so in BF3. When you play, you'll be playing both as a team and alone in single player. But, the same thing applies in multiplayer, where you can choose to be part of a squad or play lone wolf and go wherever you want and not be responsible for anyone.

What are the biggest and coolest new weapons?

If you want a big, dangerous weapon, I'd pick one of the jet fighters, where you can fly around and cause havoc over big parts of the map. But there are counter-measures for each weapon, so no one should feel safe. We read that you've even recorded guns being fired at different distances to make the audio super-realistic. Yeah, we recorded loads of weapons in open fields

and compared them to

ones fired in doorways



to make sure you get the right reflections of sounds. That adds to the immersion of using the guns - it just feels right. Going online, how much can you customize the game? Well, we underestimated the amount of time people put into our games. We have players for Battlefield 2 who've spent more than 1,000 hours in the game. So, of course, those people want to unlock more stuff and get more rewards further into the game. You don't want to "rank out". I can tell you we've definitely learned a lesson! How many players will be able to play online at once? We're capping the console at 24 players, compared to 64 on the PC.



and our goal's to make sure that experience will be intense enough for the console audience. What cool stuff can you do with the new graphics engine? One thing I think will make a big impression is the whole movement and animation system, making characters look more realistic when moving around on the battlefield. We actually looked around to find the best animation system and we found it within EA, in Fifa!

Finally, are you lot obsessed with war and video games?

Us, or the Swedes in general?
We have a lot of hobbies other
than war! Ha-ha! Our country's
probably the most pacifist in
the world as we haven't been
to war in more than 120 years,
so I think there might be an
urge to get it out of our system!

See more news at www.nuts.cg.ulk/news

Construction men critique fashion!

t's fair to say we're not exactly experts in haute couture. If you went round the Nuts office looking at the labels on our clothes, you wouldn't get much further than the names stitched in by our mums!

So, to find out if high fashion really is bobbins, we pitted the opinions of some fashionistas against four burly builders!

Our panel of builders!



Occupation: Site supervisor Age: 46 From: London



Occupation: Ground worker Age: 28 From: Albania

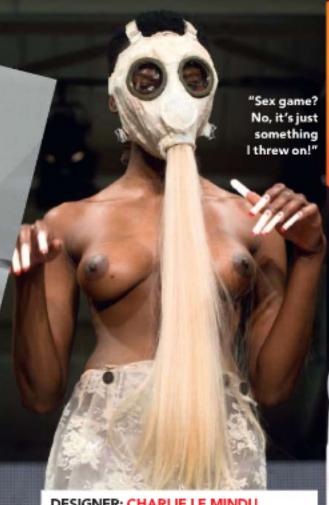


RUI Occupation: Crane driver Age: 35 From: Romania



JON Occupation: Site supervisor Age: 30 From: Ireland





DESIGNER: CHARLIE LE MINDU

The fashionista says: "Nudity, blood, PVC and gas masks – what a show. So full of extravagance!" - Myfashionlife.com

Builder Tim says: "She looks like she's come out of the war! She got a horse's head on back to front, for f**k's sake!"



"That woman's wearing the same



DESIGNER: CHARLIE LE MINDU The fashionista says: "Femininity and sodomy using clear PVC, French lace and human hair!" - The Telegraph Fashion

Builder Jon says: "That won't be the new uniform on site, I can tell you that! She's straight out of The Addams Family!"





DESIGNER: LOUISE GRAY

The fashionista says: "Louise Gray's a riot of graphic colour and volume!" - The Sunday Times Style

Builder Jon says: "What a disaster! She's got balls on her head. She looks like she should be doing kids' parties!"





DESIGNER: CHARLIE LE MINDU The fashionista says: "Conflicting parodies were out to play - heaven and hell, love and torture!" - Myfashionlife.com

Builder Des says: "I like her shoes and dress, but that's it. But that's all she's wearing, so I couldn't really like any more!"





DESIGNER: TODD LYNN

The fashionista says: "Todd Lynn meets Spooks for AW11 with sharp tailoring and high-collared jackets!" - Marie Claire

Builder Rui says: "I can't even see her face to tell if she's good looking. A few of the lads on the site could do with one!"





The fashionista says: "A gritty show inspired by the sexual underground of wartime Berlin!" - The Telegraph Fashion

Builder Rui says: "I wouldn't have that word sprayed on the back of my head on site! What would I have? I dunno. Funk!"



"TENSE, THRILLING AND ACTION PACKED... BREATHTAKING EXCITEMENT"



IN CINEMAS MARCH 4

Gervais returns to The Simpsons

Ricky hosts an Oscars special, with Russell Brand!

t's awards season, so what better way for Springfield to lampoon cinematic backslapping, than with their own version of the Golden

Globes, hosted by Hollywood's rogue Brit-wits, Ricky Gervais and Russell Brand?

Gervais, who also starred in his own episode back in 2006,

took the chance to take the mick out of his own, edgy Golden Globes-hosting gig. And in this version, Brand turned up to dish out a gong. Nice one!

RICKY SITS DOWN NEXT TO RIDLEY SCOTT]

Ricky: Hi - Ricky Gervais. Such an honour to meet you. I love your movies. Or as I call them... films. Glad I bumped into you actually, err, because, I'm looking to expand beyond comedy. [Cries heartily] I know what you're thinking, Sir Ridley, you're thinking [sobbing], "Oh, my word. He's been making me laugh all these years but now he's moving me as well, I'm going to have to put him in my new film." [Continues to wail] [Stops abruptly] What do you think?

Ridley: I'm a seat-filler. Ricky: Well, why couldn't you have said that a minute ago? Don't take any of my ideas!



[RICKY'S BACK AT BAR]

Ricky: Look. OK, you missed it. I put a tip in there. A large one. Double digits. Ten. The lowest of the double digits, but nevertheless, ten. Dollars. So a lot of money to you. Less to me. But ten dollars, none the less. Look at it. Bar tender: That ten? That was there before. Ricky: It was not! Who else in here is going to tip ten dollars? Keith Urban? Helen Mirren? I don't think so. They

don't have the common touch,

do they, like me?

RICKY'S AT THE BART Ricky: [to barman] Tanqueray gin and tonic, please... I'm paid to drink that in my movies. The amount's not important. A lot to you, let's be honest. Not so much to me.

Ricky: But you're going, "Wow, look at him, how much did that suit cost him?" Nothing, I got it for free - that's what happens when you're a celebrity

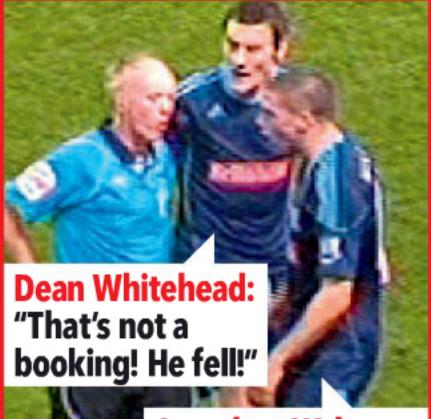
ky: "Helen! Helen!" She can't hear me. "Mirren!" Who does she think she is? Fur

(RUSSELL BRAND'S UP AT THE PODIUM]

Russell: It's great to be here with old friends I haven't seen since rehab. I'm just kidding. None of you are my friends.

THE Nuts LIP-READER!

When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an



Jonathan Walters: "Ref, that's a cheat! That's a cheat!"

ARSENAL VS STOKE Emirates Stadium, Wed 23 Feb, 8.27pm The Stoke duo accuse Walcott of diving after Walters' booking.



BLACKPOOL VS SPURS Bloomfield Road, Tues 22 Feb, 9.09pm The Wolves boss talks tactics with assistant manager Terry Connor.



MARSEILLE VS MAN UNITED Stade Velodrome, Wed 23 Feb, 9.11pm Fergie asks Scholes to help calm the hot-tempered winger.



The Notts County guv'nor offers encouragement to Patrick Vieira.

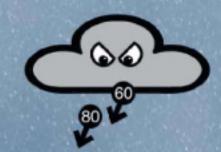


BIRMINGHAM VS SHEFF WEDNESDAY St Andrew's, Sat 19 Feb, 4.17pm The subbed Blues man moans to coach Peter Grant.

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Enriched with hydrating ingredients, Gillette Series Energising moisturiser gives your skin protection against the aggressions of winter throughout the day.













A student in Newcastle got

20 Nuts

caught for actual tea-bagging dunking his nuts in a lecturer's cuppa. I remember when it was

enough just to draw a chalk c*ck

on the teacher's back. These kids

about 20 stone - I bet his friends don't know what he's up to at night! Mind you, there's also a pretty good chance he doesn't have too many friends!

That

Apparently, scientists have -amazinoly!revealed that oral sex (blowjobs, basically!) actually gives you a higher chance of getting throat cancer than

smoking cigarettes. I'd just like to state for the record that if and when I get throat cancer, it's because of the cigarettes. OK? To all the women who are now thinking of giving up oral sex, you can now choose to die in one of two ways - of throat

Last week was National Chip Week in Britain, when British people honoured the celebrated chip by eating chips with everything. What a change of pace! What next for Britain? National Rain Week? National Being Served By An Australian In A Pub Day? National

Follow America Into War Week?

Jim Jefferies: Alcoholocaust Live is out now on DVD

The HTC Desire HD. Set free.



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Move to The One Plan today. Pop into a 3Store, call

0800 358 9760 Or see Three.co.uk/one "The gameplay's so damn realistic we thought we might have to pop to A&E for stitches."

"Picture the best boxing game you've ever played, pump it full of performance-enhancing drugs, and you've got yourself Fight Night Champion."



FIGHTAM PION





PRE-ORDER FIGHT NIGHT CHAMPION FROM GAME TODAY AND RECEIVE AN EXCLUSIVE 100TH ANNIVERSARY EVERLAST BOOST PACK FOR YOUR LEGACY MODE CHARACTER



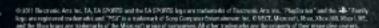


















Gibson will

launch a limited-

edition SG every

month this year

Nuts GEAR

Breville radio toaster

www.firebox.com

Nuts says: Surprisingly not a joke product, this is actually a Breville toaster with a radio handily stapled onto the side! Moyles can now toast your bread with his hot morning breath.



£1,200

Gibson SG 50th anniversary

www.gibson.com

Nuts says: The 50th anniversary Gibson SG has a solid mahogany body and gluedin quarter-sawn mahogany neck, two humbucker pick-ups and 24-fret neck. You add creativity.

calls with this just by putting it in your ear!

You can answer

Plantronics Voyager Pro UC

www.plantronics.com

Nuts says: Bluetooth headset that routes calls to the headset if it's in your ear, or back to your phone if not. The USB thingy will also change your Skype settings depending on ear situation.

Samsung Galaxy Tab 10.1

www.samsung.co.uk

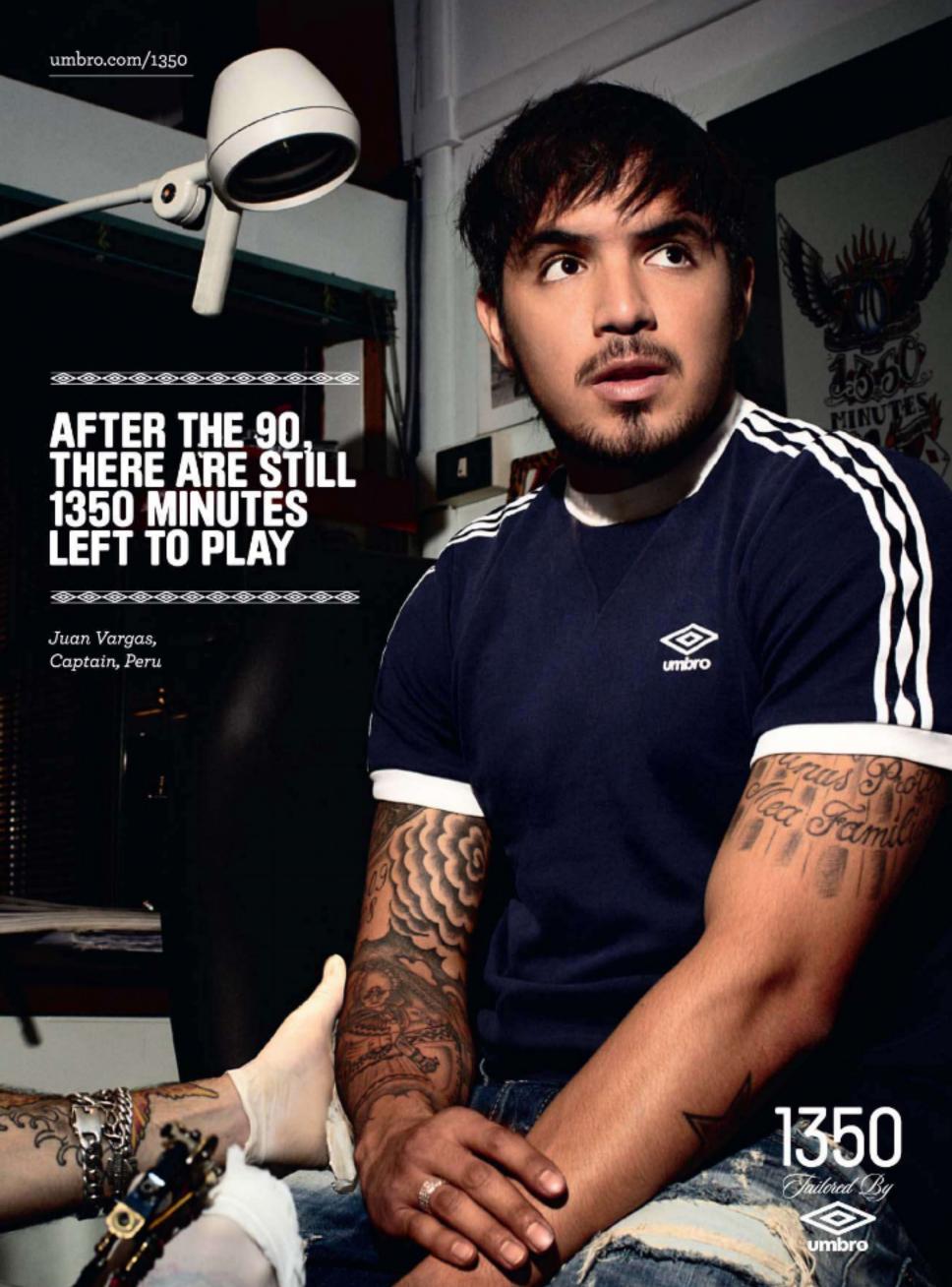
Nuts says: Samsung's latest tablet has a 10.1in screen, Android, 8.0-megapixel rearfacing camera, 2.0-megapixel front-facing camera, and HD record-and-play features. Nice!

> The Galaxy Tab 10.1 also includes dual surround sound speakers



Check out more reviews at www.nuts.co.uk/reviews







3D without glasses. Believe your eyes.













"The most exciting handheld console launch ever... no contest"-T3

Pre-order your console today at one of these retailers







YOUR LETTERS

Nuts readers let rip!

Send your Letters to nutsletter@ipcmedia.com or to the address on p77

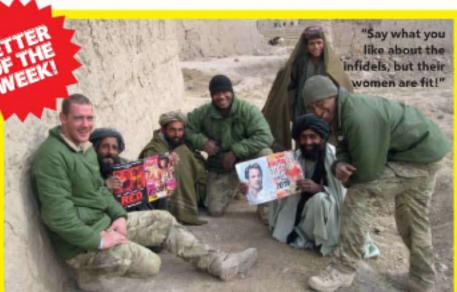
Classic

This is me and my mates from the 1st Battalion Irish Guards 2 Company 4 Platoon introducing Lucy Pinder to the locals in Helmand Province. They loved it!

Afghanistan

Roko Stone,

Why wouldn't they? It's the world's greatest mag!







She Leeds from the front

I bumped into the lovely Emma Frain at a Coventry City vs Leeds United game in November. Why would such a gorgeous babe want to watch that rubbish?

Nick, Coventry

She's hot, she loves football - she's the perfect woman!



Bum steer

Dear Nuts, I saw this farm on the way to the **Grand Canyon** and couldn't resist a quick pic!

"Fanny" actually means "bum" in American slang. Whereas, of course, it means "heaven" to us!

The road to paradise

Surely the most attractivesounding address in the land? Jason Fenton, Warrington

Imagine being the poor bloke they named it after!



Fan fun

Dear Nuts.

After our FA Cup win over Chelsea, our banner took the mick out of them and Liverpool!

Steven McKibbin, via text

We're strictly impartial in the Nuts office. By which we mean, "Lol! Nice work, Everton fans!"



"Is this a private road

or can anyone enter?"

CROTCH CRESCENT

ONLY IN

"The bathroom mirror got wet, sorry!" Cari, Looe

"Me and my boobies!" Merradith, Leeds

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to 0771 388 8008*

Win great Durex stuff!

Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 77. The sender of the week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm

I hit the bar four times at football last night. I was off my face by the end of it!

Man United fans were excited for their local rival clash. **Against Crawley!**

Carl Collier, Cheltenham

_ _ _

My girlfriend's still mad because I called her fat last month. I guess elephants really don't forget!

Eric Chandler, Horley

Dad walked in on me while knocking one out and smoking a joint. No idea how he got the door open!

Doctor: How would you describe yourself in three words?

> Patient: Lazy Uri Smith, Liverpool



a team that wins nothing?" asks the teacher.

William Thorn, Hereford

"Then I'd be a Liverpool fan," Peter replies

A policeman pulls over a car for speeding. "I'm a clown running late," says the man in the car.

The policeman replies, "If you can prove you're a clown, I'll let you off."

The man gets out, puts on a blindfold and starts riding a unicycle.

Suddenly, a car pulls up and a guy steps out and says, "Arrest me now! I've had a few drinks and I'll never pass that test!"

Ned Thomas, Carlisle

A boy's playing in the street when, suddenly, a police car pulls up with a dog in the back.

The policeman gets out and sees the boy looking at the dog. The boy asks, "Is that a dog in there?"

The policeman replies, "It certainly is!"

The boy asks, "What did you arrest him for?" Blake Sutton, Cornwall



Win a 32GB iPod Touch!

Send jokes to nutsjokes@ipcmedia.com or to the address on page 77. The sender of this week's best joke* will win a 32GB iPod Touch thanks to Scruffs! Check out their brilliant Man Badges at www.scruffs.com/manbadges.



dia.com or to the address on p77



That's old school!

A reunion's taking place for a group of 50-year-old blokes who haven't seen each other in ten years, and they decide to go to a particular restaurant as it has a sexy waitress.

Ten years later, the guys meet again and go back to the same place because the food was good.

Ten years pass and the guys return because the wine was good.

Ten years later, the guys return because they've not been there before! Sam Hires, Essex



Wet one!

A bloke dashes into a building to escape the rain, and it turns out to be a brothel. He sees three doors marked "Big boobs", "Small boobs" and "Medium boobs". He chooses "Big boobs".

There are three more doors, this time marked "Wet tw*t", "Dry tw*t" and "Tight tw*t".

He chooses "Wet tw*t", walks through and finds himself back outside!

Lee West, Poole

FAMOUS BLOKES' JOINES JOINES

STEWART FRANCIS "Did I already do my deja vu joke?" "Even Nelson
Mandela got divorced.
He spent 27 years
being tortured in a
South African prison,
no problem. He
was married for six
months and said, 'I
can't take any more!""

FRANK SKINNER

"I'm getting to the age now where I can only enjoy alphabet spaghetti when I'm wearing my reading glasses!"

RUSSELL HOWAR

"With Michael Jackson, what I thought was really interesting was the people saying, "He looked really well in that final video." I was like, 'No, he didn't. He looked like someone had melted goat's cheese over a sex doll!"

RUSSELL KANE

"I swear my
nan would be
dead if she
didn't have
her misery and
rage to carry
her through
life. She
doesn't use her
wheelchair,
she just pulls
herself along
the street by
rage alone!"

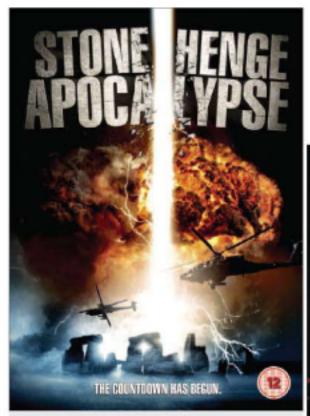
CONNOLLY

"Studies show one in five teens doesn't know how to peel an orange. It's a good job they've all got knives, then!" **DANIEL SLOSS**

"It's an interesting childhood when your mum considers you the most common form of STD!"



sofa so good



£5

From the producers of I Spit On Your Grave and starring Misha Collins (Supernatural). When a group of archaeologists dig up a human skeleton, an ancient piece of machinery hidden beneath the bedrock is accidentally triggered and starts a chain of events that may very well end the world as we know it









£7.99

Jeff Fahey and Michael Madsen star in this psychological thriller about a couple stranded in a small southern town with corrupt law enforcement, masked kidnappers and violent torturers



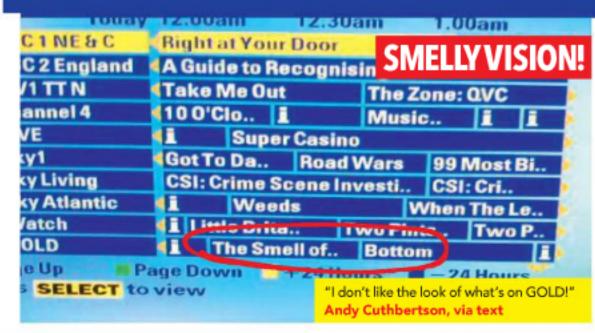
£8.99

This 2 DVD set contains Ten Dead Men, a violent, hard edged British revenge story and Vigilante, in which Luke, a successful businessman, is brutally attacked and his fiancée viciously murdered. Luke pledges to use every last penny he has to train himself in the art of combat and killing in order to use it against any wrong doers who dare to cross his path



CAMERA PHONE ONLY IN Win £100!

Seen something daft? Snap it, send it in and win £100!







is, too, I'm sure you'll agree!"

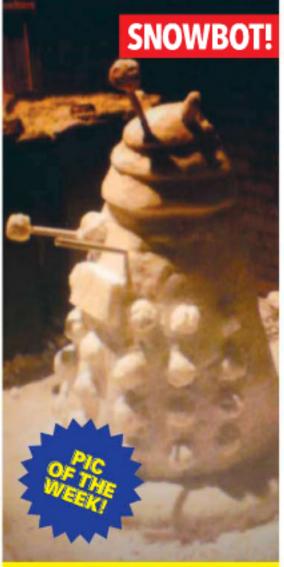
Adam, via text





aerial for good measure!" Anon, via text

Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 77.



"Snow willies are OK, but my snow Dalek is next-level stuff!" Steve Hurst, via text



THE TRUTH ABOUT SEX WITH... EMMA FRAIN

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



Strings or no strings?

I've been seeing a girl for nearly a year in a "no-strings" style. Recently, though, I've had thoughts about us becoming serious. Is it wise to suggest we change the arrangement?

Paul, Telford

She must like you to have been doing that for so long, Paul. You should ask what she thinks, otherwise you'll never know. If she's not up for it, move on you can do better than be with a girl who only wants you for sex!

One-way traffic!

How would you feel if your partner steadfastly refused to give you oral sex, even though you love giving it to her?

Nick, Northampton

If you're in a relationship, the girl should be giving you oral sex as well. Ask her to try it because the more she does it, the more she'll enjoy it! After you've gone down on your girlfriend, tell her how much it'd turn you on if she did it to you in return.

Hefty problem!

I like girls to have a bit of meat on them but when I start dating them, they always become fat because of all the meals out. What can I do?

Pete, Wolverhampton

Suggest to her you both join a gym, then it looks like you're doing something together when really you're keeping your girl in shape without upsetting her. Or have lots of sex because that'll burn a lot of calories!

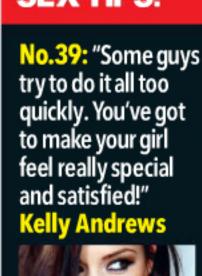
She's so rough!

Ivan, Ipswich

Tell her nicely that she turns you on in other ways and if that doesn't work, just be straight with her and say it's turning you off having such rough sex. Try holding her hands down or changing the position, or if you do her doggy style, you can get a bit rough instead!

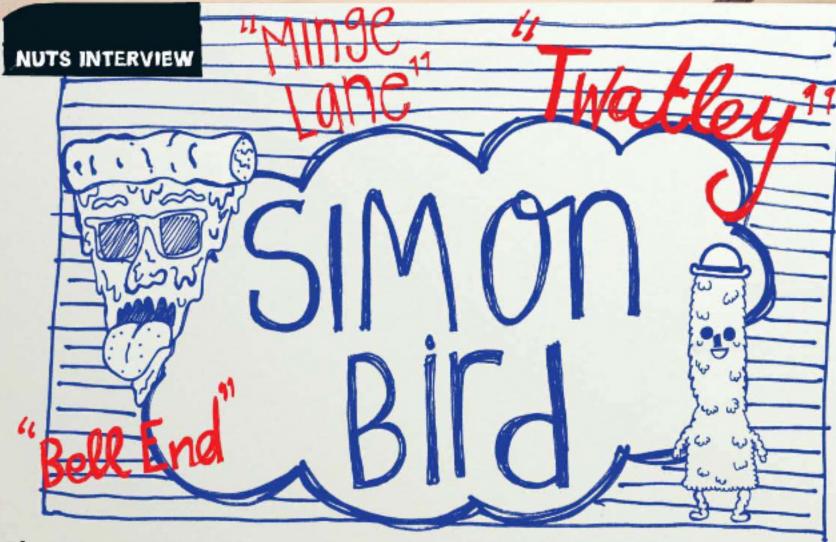


During sex, my girlfriend always starts slapping and scratching me. How can I tell her to be gentle without annoying her?









The speccy Inbetweeners chap on his mum, Comic Relief and his new show!

i Simon! You've got a new show called Friday Night Dinner. Tell us what's it all about in one paragraph. One paragraph? A paragraph's quite long! God! It's about that thing, whatever age you are, when you go home to your parents, and you immediately begin behaving like a child. It's about how you never really grow up. That's a terrible explanation! It's set around the dinner table, where every Friday night, two sons come home to have dinner

that! The title does most of the work for me, to be honest.

Do you still live at home with your parents in real life? Funny you should ask. My girlfriend and I have actually completed buying a flat together today!

with mum and dad, and silly

stuff happens. Hence, Friday

Night Dinner. Yes. Thanks for

I've embarrassingly been living with my parents! Is your real mum as fit as your mum in The Inbetweeners? She's just a mum. She's a completely normal mum! In Friday Night Dinner, you have an annoying younger brother. Did you have an annoying brother growing up? I imagine I was both an annoying brother and had annoying brothers. A trick I used to play on my little brother was to hide around the house in the most unexpected places. I'd try to do it as late at night as possible and then I'd jump out at him to scare him. It carried on until it got to the stage where I promised I wouldn't do it any more because it was scaring him too much! How long ago was this? Last week! If you were having a celebrity Friday Night Dinner party, who would you invite? Er... I don't know. John Lennon, Ricky Gervais and Barack Obama. Aren't you worried that Gervais would scoff most of the grub? He's looking quite trim at the moment, so I think he'd have his share and leave the rest for us. You've also been driving around Britain with the other Inbetweeners looking for amusing place names for Comic

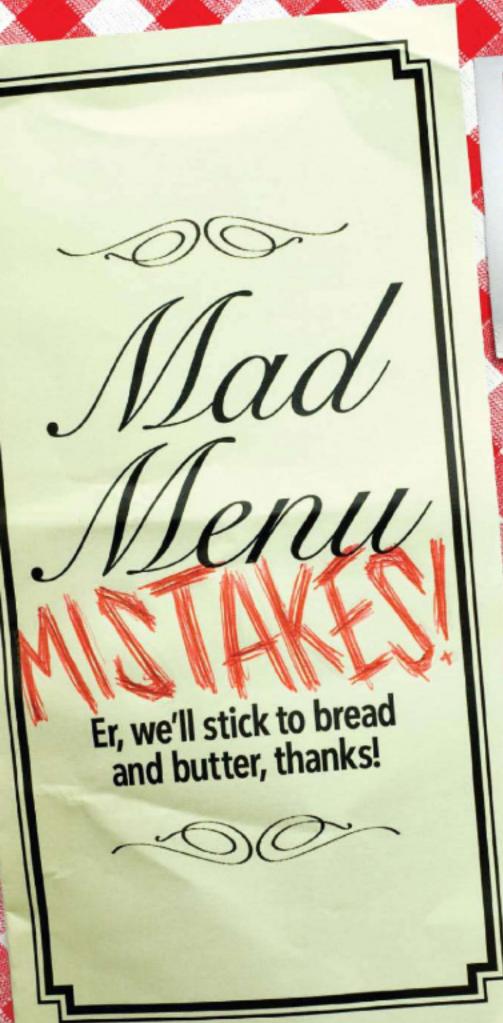
So for a couple of months, yes,

Relief. We reckon you've nicked that idea from the letters page in Nuts! It wasn't actually our idea - it was Comic Relief's. Maybe Richard Curtis [Comic Relief founder] has been reading Nuts and there's where he got it! What's the rudest-sounding place you visited? There were some good ones. Bell End in Worcestershire, Minge Lane, also in Worcestershire, Twatley in Wiltshire. There are some good places out there! The film's available on iTunes now, so I'd urge people to download it and raise as much money as possible. Before you were Will from The Inbetweeners, you were a bit of a stand-up comedian. Did you really get disqualified from a competition for cheating? Yes! It was at the National Student Comedy Awards in 2007. Revels sponsored the awards and they had this big load of ridiculous rules. For example, you weren't allowed to make any jokes about Revels. Then they extended it so you weren't allowed to make any jokes about any confectionery at all for six months after the competition, which I found a bit strange. So, basically, I ended up making a load of jokes about Revels and they disqualified me. Blimey! You also did the voiceover for the PC World adverts.

Did they give you any free stuff? Like a computer? No! That's it - my agent's fired! You were in something called Footlights at Cambridge. What's that? A comedy society. It was basically a bunch of losers who wanted to get into comedy. And your mate Joe Thomas aka Simon Cooper from The Inbetweeners was president of these Footlights? No, that's a complete falsehood! He was secretary, and don't forget it! He ran for president against yours truly and lost. He didn't even get vice president. Embarrassing! In America, giving someone "the bird" is a bit rude. Does this make things difficult when you're introduced to Americans? Er, it hasn't proved very difficult so far, but maybe I should start doing that more when I meet Americans. Ha-ha! Thanks, Simon. Finally, are you a speccy briefcase mong in real life? Absolutely. And proud of it! I've left the briefcase at home today because I didn't have any files. I have a whole selection of them at home, though - one for every day of the week!

Friday Night Dinner is on Channel 4 on Fridays at 10pm. See <u>www.comicrelief.com/</u> inbetweeners for details about the Rude Road Trip





九科、猪肚、幼科、冬笋、冬菇 - 锅童子鸡 Fuck a spring chicken 北科: 伊斯 琼料: 梁芝 -锅墨鱼仔 Fuck a cuttlefish zhai 78元/ 休见: 香 雜 主料: 是魚仔 घ科: 洋龙 渝酸菜顶 ha yu sour pickled cabbage fish 68元/ 味梨:鲜 杏 主料: 贵鱼 额料: 酸苯 88元/七 Fuck a bullfrog 一锅牛蛙

F**K A SPRING CHICKEN! Further down the menu, you can also f**k a bullfrog! Blimey, we only came in for some noodles!

mushroom

Rabbit as at a grandmother thigh of rabbit in a sour cream 87,0 sauce with the fried cauliflower

Duck

83.

baked fillet duck with white wine, oranges, under a sauce with mango and cranberry

RABBIT AS AT A GRANDMOTHER! You may have your own pet name for your dear old gran, but we doubt it's "rabbit"!

wer spicy Mixed Seafor

ທຳສະຫຼັດລາວ Spicy Lao salad.

ຳປູອັດ Spicy crap meat.

ຫຼັດເຢັນ Cold horsd'oeuvres.

nosen Hot hand

CRAP MEAT! Sometimes, spices just burn away all the flavour. Although that might not be such a bad thing with this offering!

SALATĂ DIN SCOICI

САЛАТ ИЗ РАКОВЫХ ШЕЕК

SALAD WITH CANCEROUS NECKS

SALAT CU MIDII

AD WITH CANCEROUS NECKS! What on earth? Yummy, a terminally ill starter. What's the main? Beef in swine flu sauce?

36 Nuts

LOCKHART

	D 131	
	24	Thai fried beef skinning
	腐	Crispy fresh tofu
1	井粒	From Brando Angus burning pills
L	头 OBUBA	Who burned the head reservoir

BURNED THE HEAD RESERVOIR! And the other items on the menu sound equally tempting, so just take your pick!

乔 图	Big bowl tresh immerse thisecta
生肠	Big bowl flavor vegetables pig livings b
子皮	Big bowl gold mushroom cowboy n
果猪肚	Big bowl A bamboo ginkgo tripe
者腰	Big bowl flower immerses pork kid
	u falsen

LIVING BOWELS! We appreciate the originality of these chinese menu dishes, but we'll probably just have some chips!

Business-Lunch

al carpaccio with Piment de Padron and caramelized almonds

rini with sauteed shrimp and tome

d saddel of venison on cream cab ad Puv-lentils with "cat-piss sause"

CAT-P*SS SAUCE! "Waiter, I'm tempted by the venison, but I was wondering - is the sauce fresh from the cat or pre-frozen?"

> 清炒豆苗... Stir Fried Peapod stems.

清炒唐芥蘭..... Stir Fried Chinese Broccoli.

清炒青江菜... Stir Fried Baby Boy Toy.

BABY BOY TOY! They say the chinese economy will soon be the world's most powerful. Best lock up your under-fives, then!

GRUESOME 夫妻肺片

SLICED BEEF AND SOMETHI CHILLI SAUCE

BEEF AND SOMETHING! "I know I asked for 'something spicy', but can you be just be a tiny bit more specific?"

> Goose fillet shishlik Spring chicken shishlik Lamb fat shishlik Entrecote shishlik Lamb shishlik Beef fillet shishlik Beef sweet bread Turkey testicles -Goose liver -

TURKEY TESTICLES! The scariest thing about this menu is we're not sure it's a mistake - some people really eat this stuff?

ปนึง

steamed crap claws ก้ามปูนึ่ง

crisp-fried sea bass fish with fish ปลากระพงทอดนำปลา

STEAMED CRAP! Well, we like crap and crap claws as much as the next man, but we prefer ours fried so we'll have to pass!



HOT MELT CUM STICK! They say you should never eat the "street food" of a foreign country, and this is obviously why!

BRITAIN'S IOO SEXIEST BABES!

Patriotism with added boobs!

reat Britain! What a wonderful place you are and how proud you make us. Look at you, sitting there in the centre of the world like some sort of geographical behemoth. You truly are a beaming beacon of

hope, purity and joy. So what better way to salute and celebrate your sumptuous charm than by asking Nuts readers to vote for the fittest women on these fair isles? Well, we did just that, and here are the results. Hooray!



IOO JODIE MARSH
Tattooed, busty and,
dare we suggest, maybe a bit
naughty. Not that we'd know,
obviously. What a top girl!



99 CHARLIE WEBSTER
The latest Sky Sports
News hottie isn't shy about
her knowledge of sports – or
getting her kit off. Top girl!



98 JAIME MURRAY
The brunette babe has
a habit of going topless on TV.
Not that we're complaining.
More of the same, Ms Murray!



97 ANNA FRIEL
Anna had the first
lesbian kiss in soap history
when she was on Brookside.
We watched it. It was nice!



96 JADE EWEN
Jade's a member of the
Sugababes. We think. Unless
they've changed again? Oh,
who cares? She's smokin' hot!



95 CHARLOTTE CHURCH
Churchy hasn't released
a music vid for a while – which
is a shame, because our copy
of her last one has worn out!



100 BRIT BABES

94 STACEY SOLOMON Who'd have thought she'd be the sexy star of I'm A Celeb...? Well, we would, actually, because she's lush!



92 KATE MIDDLETON

Kate will soon be as

British as the Queen! Sort of.

Anyway, we want more bikini
snaps please. Thanks, ma'am!



9 CHLOE MADELEY
Regardless of how hot
Chloe is, you couldn't date
her. Her parents are Richard
and Judy. It'd just be weird!



90 LISA SNOWDON
The bikini was actually designed to show off Lisa's perfect body. Well, not really, but it could have been!



89 SARAH BYRNE
In Shameless, Sarah
played an aspiring model.
We're hoping to persuade
her to become a real one now!



88 TINA O'BRIEN
Coronation Street has
delivered some top totty over
the years, and here's one
of the originals. Hi Tina!





86 SAMIA SMITH

Call her Samia Ghadie, just
because we simply refuse to accept the fact she's married!

85 EMMA RIGBY
Here's Emma taking a break from looking really sexy on TV to look really sexy by a pool instead! Top work!



84 GEORGIE THOMPSON Sadly, we rarely see gorgeous Georgie without a desk in front of her! Have a word, Dec!



79 MELANIE SLADE
Theo Walcott's other
half is one of the quieter WAGs
around. Which is a shame,
as she's a proper stunner!



78 TULISA
Here's the lovely Tulisa
with two of the biggest stars
of N-Dubz. No offence to
Dappy and Fazer, obviously!



77 ROSIE H-W
Here's the main reason
to watch *Transformers 3*. If you
don't like robots that can turn
into fire engines and radios!



76 CHARLOTTE MEARS
Charlotte starred in a
show about WAGs, and now
models undies. Who says they
can't have their own careers?



75 In Layer Cake, Sienna frolicked around in undies in a posh hotel room. Very much like she does in our dreams!



74 DANIELLE LINEKER
While her husband's off
flogging crisps, Danielle does
something more exciting –
she looks super-hot in a bikini!



73 EMMA WATSON
She may have cut all her hair and moved to a different country, but this magical cutie will always be a Nuts favourite!



72 ADELE SILVA
The soap babe's been off the radar a while, but she's back looking better than ever.
We've missed you, Adele!









54 MARIA FOWLER
If all Essex girls looked
as good as Maria, we'd be
grabbing our maps and going
out there every night!



53 Seen here in one of her more covered-up moments, Gemma's usually found half-naked in films. We approve!



52 NATALIE BLAIR
Thankfully, the lovely
Natalie's no relation to Tony.
And even if she was, we'd still
fancy her, to be honest!





49 Ever wondered what happens to the sleeves they cut off body-warmers? Kitty may well have an idea here!



48 FRANKIE SANDFORD
We'd like to find
whoever designed Frankie's
boob-revealing top, and shake
him by the hand. He's a hero!



47 Jennifer's the sole reason we're addicted to Hollyoaks. And it's not just for her acting skills, obviously!



46 The original Sabines were women the Romans tried to kidnap 'cos they were so fit. This Sabine's not bad either!



The only woman in the glamour world whose name alone invites the response, "No she doesn't, she's lovely!"



43 Once upon a time, she was on Blue Peter. Now she's in Nuts in a clingy cozzie. Now that, dear reader, is progress!



42 RACHAEL
CORDINGLEY
Straight out of Liverpool and one of the hottest properties around. Unlike that Torres lad!



A Daisy WATTS
Daisy's diary: Monday,
party; Tuesday, party;
Wednesday, party; Thursday,
party; Every day, look great!





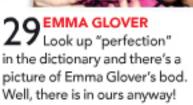
headlines while wearing this,

we think we'd weep with joy!



We asked if we could







33 LEAH FRANCIS Leah's a favourite here at Nuts Towers thanks to her love of partying, as well as her perfect boobs! Hooray boobs!



28 KATIE-MARIE CORK Katie-Marie's visits to Nuts Towers always manage to cheer us up. Especially when she dresses like this!

is good. And she has fantastic

boobs, which is also a plus!













LUCY PINDER!

ere she is, chaps! Your queen of hotness and all-round beautiful Brit babe, Lucy Pinder! Hi Lucy! How does it feel to be voted Britain's sexiest lady? It feels great! I'm excited! Hove that I've won. Thank you for giving me this award, Nuts readers! I'm flattered. It's a very unexpected award as well but it's really made my year already! Who do you think's the sexiest Brit after yourself? Oh lord, there are so many out there! It's hard to pick because there are models, actresses and all sorts

of lovely ladies to choose from. Obviously, the Nuts girls rank very highly, like Rosie. I'm glad I've won this for the Nuts girls! What's your favourite thing about Britain? There are loads of hot British women! I've got a girl crush on so many girls. I've got way more girl crushes than guy crushes. Michelle Keegan's very pretty, isn't she? How will you celebrate? I'll definitely be having a glass of wine or two this evening for the Nuts readers. I'm not a big party girl, but I'll treat myself to at least a spritzer to celebrate!

Give us your best Oscars-style acceptance speech. I'd like to thank my mum and dad for creating me! I'd like to thank Nuts for flashing my boobs all over the mag and, of course, I'd like to thank the Nuts readers who voted for me to win! Is this the best award you've ever won? Yeah, it is! I've won it a few times now, so I'll be very sad if I don't win it next year! What are you planning to do to make sure you're still number one next year? I'll do my best to make sure I'm still number one by doing even sexier shoots and.

hopefully, even more of them. I'll make sure I take good care of myself as well, so I'm still looking sexy this time next year! Glad to hear it! Have you ever won a rubbish award? The only one I can think of is when I won a Christmas card competition! You had to design a card and I won, which is pretty rubbish! Thanks, Lucy! Finally, do you have a message of thanks for the thousands of Nuts readers who voted for you? Thank you very much for voting for me again! I mean that. Lots of hugs and kisses! Love Lucy!■



Nuts SPORT

LOVING THE GRUDGE MATCHES, EVERY WEEK!

Liverpool vs Man United maddest moments!

Strap yourselves in for Sunday's showdown - it could get nasty!

hey don't come much bigger than Liverpool against Man United, and it doesn't look as though this weekend's head-to-head

clash between the bitter rivals will be any different!

Over the past few years, the game's thrown up red cards galore, two-footed tackles aplenty, and even managers duking it out on the touchline!

With Liverpool's record signing, Geordie mentalist Andy Carroll, set to be thrown into the mix as well, it should be an absolute cracker. So to mark the occasion, here are some of the north-west derby's most infamous red-mist moments!





NUTTY NEVILLE! MAN U 1 LIV 0 JAN 2006

When the two red teams met in this crucial game, United defender Gary Neville lived up to his Liverpool-hating rep by celebrating Rio Ferdinand's last-gasp winner in front of all the opposition fans, kissing his badge and basically going bonkers!



SCHOLES SEES RED! LIV 0 MAN U 1 MAR 2007

John O'Shea was the unlikely hero in this game. The defender notched an injury-time winner to break Liverpool hearts. But United man Paul Scholes remembered the true meaning of the north-west derby by getting sent off for a shocking tackle!



Never mind the card – I've forgotten to

record EastEnders!



MASCH GOES MAD! MAN U 3 LIV 0 MAR 2008

Argentine Javier Mascherano got his first red card against United after losing the plot with referee Steve Bennett. After getting a yellow, the pint-sized midfielder refused to leave the ref alone until Bennett finally had enough and sent him on his way!



DOUBLE TROUBLE! LIV 2 MAN U 0 OCT 2009

In a huge clash at Anfield, Liverpool upset the then-Champions by seeing them off in a 2-0 win, but not before Javier Mascherano was sent off for a bad challenge, and Nemanja Vidic also got his marching orders - his third red card in a row against Liverpool!





MAD MANAGERS! MAN U 2 LIV 1 MAR 2010

Sir Alex Ferguson and then-Liverpool manager Rafa Benitez never liked each other, and they squared up during this one after Rafa accused United's Antonio Valencia of diving to win a penalty. Luckily there was a fourth official around to separate the two of them!





GERRARD'S LUNGE! MAN U 1 LIV 0 JAN 2011

When the two teams met at Old Trafford in the third round of the FA Cup earlier this year, there was controversy galore, and Steven Gerrard set the tone by getting his marching orders for a two-footed tackle on United midfielder Michael Carrick!





We're in for one of the best title races yet!

love this time of the season, when every game seems to have something resting on it, and while Arsenal and Man United appear to be the only teams left with a realistic chance of winning the Premier League, I'm not ruling out Man City and Chelsea just yet!

"Arsenal will still have a big say in the title race!" There are always twists and turns when you get to March, and I think this has been one of the best Premier League seasons ever, perhaps not for overall quality, but because teams like Blackpool have turned things on their heads and shown that anyone can beat anyone.

For me, Arsenal really should have bought a couple of players in the January transfer window. Why Arsene Wenger didn't feel he needed anyone is beyond me, especially when you look at the fixture pile-up they have to face now, and the fact that injuries to the likes of Walcott, Van Persie, Nasri and Fabregas have left their squad looking threadbare. They're still going to have a big say in the title race, though, and I think they could do it.

As for Man United, they just don't look like the team we've all known and admired for their attacking flair over the years, yet they're so hard to beat and top of the table, so how can you argue with their results?

Their draw against Marseille last week was a tidy summation of their campaign – defensively almost unbeatable but no real flair from a midfield including the disappointing Gibson, Carrick and Fletcher.

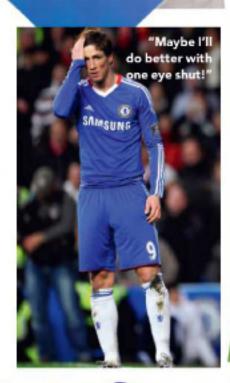
I know Man City and Chelsea are a little off the pace at present, but both teams can make up the ground if Arsenal and United slip up – and I believe they will! I'm definitely not putting my hard-earned cash behind any team yet. It's too close to call!





Fernando will come good, eventually!

Fernando Torres still looks a shadow of the player that made his name at Atletico Madrid and Liverpool. I sympathise with him because when he moved, he was low on form, playing for a team low on confidence, moving to a team that was also low on confidence and he had to play his first game for his new team against his old team! I'm sure he'll come good and score a lot of goals for the Blues, though – class is permanent!



really couldn't meet

a nicer man. Let's hope he returns to

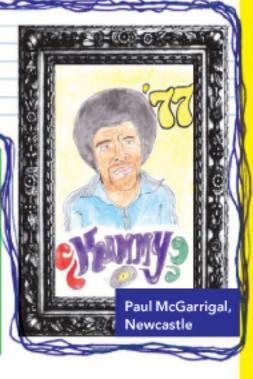
these shores soon!

DRAW KAMMY!

That's a corker, Paul! Keep them coming, people!

Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!



Nuts SPORT Chris' crystal ball! Chris predicts the week's big games! 1 CHELSEA VS MAN UNITED 1 MARCH, 7.45PM, SKY SP2/HD "I fancy Chelsea for this one. United haven't looked decent away from home all year, and Chelsea will improve as the season comes to a close." KAMMY SAYS: 2-1 MAN CITY VS WIGAN 5 MARCH, 5.30PM, ESPN/HD "I can't see anything other than a home win here. City are far too strong for Wigan, and I'm not ruling them out of the title race if Mancini gets his team right." KAMMY SAYS: 3-0

3 LIVERPOOL VS MAN UNITED

6 MARCH, 1.30PM, SKY SP1/HD

"Two huge games in a week for Man United, and I can't see them winning either, I'm afraid. Liverpool will raise their game,

and I think Suarez will score."

KAMMY SAYS: 1-1

THERE'S NO ESCAPE...







OWNIT NOW ON DVD hmv.com



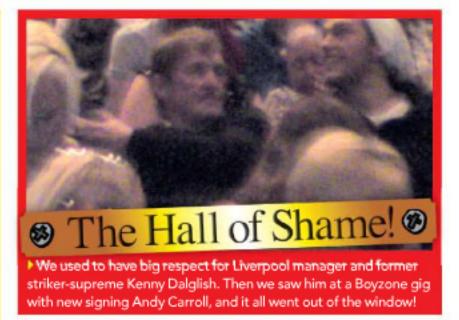
NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com



 Basketball's a weird game played by really tall beanpoles, but we do like the slam-dunky bits. Especially when they get them wrong, like Phoenix Suns' Nick Corrales did here, Bam! Face full of rim!







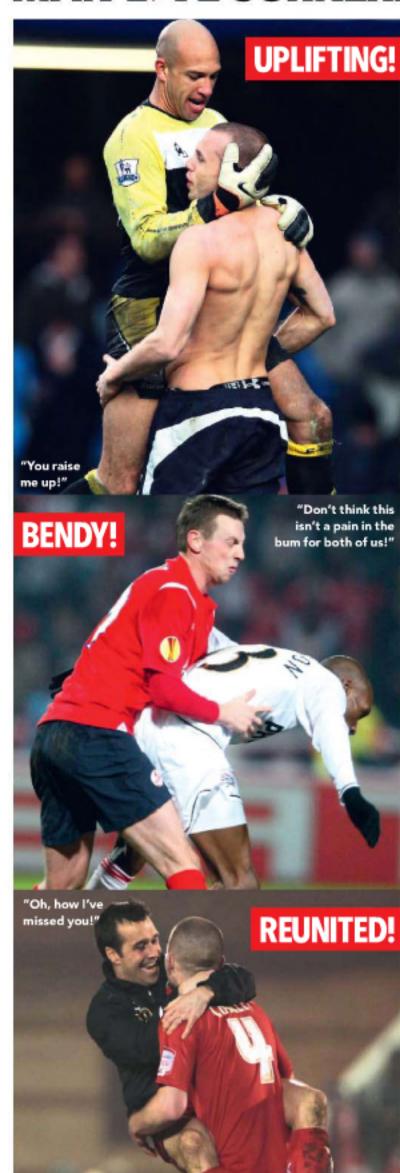
and his stupid wig – he's French, so probably won't understand!





Nuts SPORT

MAN-LYVE CORNER!







QUOTE ME ON THAT!'

This week's biggest match debaters!

"People who spend ten hours a day on the internet have no one to talk to.They're the same people who go on The X Factor"

The very un-PC Gordon Strachan.



"More people love me now than hated me. Well, maybe one more"







"When I was in Ann Summers, I thought about getting some handcuffs to tie Graeme Swann up"

"I've had a conversation with Beckham. Linvited him to Take That but he declined"

Steve Bruce gets turned down.



"Robinho and **Ibrahimovic are** a bag of Revels up front"

"Phil Taylor doesn't use his eyes o blink"

"City will have to play two high wide men"

Drug-tester alert. Charlie Nicholas!

"Nolan and Barton are **Batman and Robin"**

'00-ER SOUNDS A BIT RUDE' CORNER!

"I'll bang one out at Christmas" "I admire the way Christine has kept her head down

Frank Lampard on his eager-toplease girlfriend.

"As a manager, you've got to have a feel"

Phil Thompson loves a grope.

Q-21- (A-N)e qualon-(1,672.648+010000006)10-27kg

The 2011 Census!

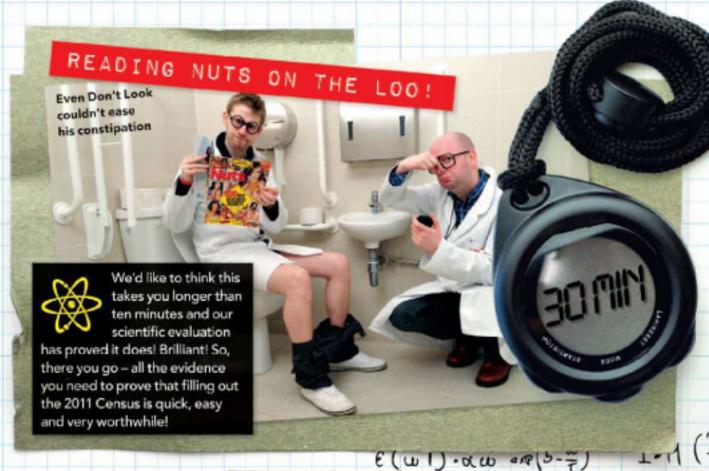
Our crack scientists show just how easy filling out this year's census is!

e hate filling out forms here at Nuts, so when someone mentioned we had to complete the 2011 Census, the office descended into chaos. That was until our clever squad of boffins worked out it can be done in less than ten minutes!

Not sure what the census is? Basically, every ten years, it collects information about the people living in England and Wales to help the government plan vital services like hospitals. After 100 years, this information is released to the public for people who want to trace their roots. How cool is that?

During March 2011, you'll get a questionnaire in the post. But don't worry, because it's dead easy to do. To prove it, we got the Nuts boffins to show how quickly it can be done!

You can also check out gorgeous Nuts girl India Reynolds showing you how easy it is at www.nuts.co.uk/census



GETTING SERVED AT THE PUB!





NUTSREALGIRLS

THE BEST OF BRITISH HOTTIES!



The Pic She

sent us!

SOPHIA 22, Liverpool, financial director

"My favourite sexy clothing is my Victoria's Secret underwear - I wear it in the bedroom and out dubbing!"

Want to be a Nuts model? Only work with official Nuts staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.



Nuts GAMBLING ASTERCI

We sent *Nuts* man online to play Tiki Temple. Check out his helpful hints!

Tiki Temple top tips!

f you're looking for an online game that offers a good laugh as well as the chance to win a few quid, Tiki Temple is a multi-line slots game that could be right up your street. With bets from as little as 1p, you might find yourself playing it just for enjoyment - and who knows, you could even find yourself in the money!

HOW TO PLAY

- It's a slot game, so aim to get winning symbol combinations from a spin of the reels. With two fun bonus games and the chance to win the Progressive Jackpot, you could win big!
- You can bet up to 20p on each line of the reels - and there are 20 lines, so the maximum bet per spin is £4 - but that also gives you 20 chances to win!
- Don't forget to bet on all 20 pay lines - called Bet Max - for your chance to win the Progressive Jackpot. But only bet what you can afford.

BONUS GAMES

Free Spins - Land three "Free Spins" symbols on any paid payline and you could win between five to 20 free spins. The Wild Reel - When the randomly occurring "Wild Reel" kicks in, you could win big from nowhere. Don't base your game plan on it, but it comes in handy!

PROGRESSIVE JACKPOT

Hit "Bet Max" for a chance to win the big prize. Land three bonus symbols on any paid payline to enter the jungle. Pick the correct path from three to enter the Tiki Temple, then choose between five treasure chests to pick a winner!

Win free spins!

Play Stars of Tiki Temple free** every day to win free spins for Tiki Temple!



GET UP TO £200 FREE PLAY* ON SIGN UP TODAY AND ENTER PROMO CODE NUTSC9

GAMES INSTANT WIN SCRATCH CARDS BINGO CASINO GAMES

ST BONUS UP TO £200 FOR NEW CASH MEMBERS ONLY. MINIMUM £10 DEPOSIT REQUIRED - EG. DEPOSIT £100 AND WE'LL GIVE YOU AN EXTRA AY ON TOP. TO RECEIVE THIS OFFER YOU MUST ACCEPT THE SIGN UP BONUS WHEN REGISTERING. SUBJECT TO TERMS AND CONDITIONS OF DR. AVAILABLE AT <u>YOWW.NUTSGAMES.CO.UK.</u> FOR 24-HOUR HELP AND SUPPORT, PREEPHONE 0800 458 0770. OVER-185 ONLY. PLEASE PLAY . <u>WANY.GAMELEAVIRED COLUC CLOSING</u> DATE: 15 MARCH 2011 "NO COST OR GAME PURCHASE REQUIRED TO PLAY STARS OF TIKI TEMPLE. ST BE A NUTS GAMES MEMBER AND HAVE PREVIOUSLY DEPOSITED AT LEAST £10.

gambleaware.co.uk | fissisposterscom



BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN

Lucy

23, Herts, promoter
"My best features are my
double Ds, my bum and
my seductive blue eyes!"

Amy

20, Birmingham, sales "My sexiest outfit is a leopard-print corset with suspenders and heels!"

Roxanne

21, Cornwall, PA

"You know what they say about redheads in the bedroom? It's all true!"

Jenna

23, London, hairdresser

"If a guy only had a fiver, he should buy me a few of my fave songs from iTunes!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

ONLY IN REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 77. You must be at least 18 years old.

THIS WEEK: Name: Vikki Jane

Age: 24 Boobs: 32B, "I'd like them bigger!" Likes: "Boys from Leeds!" Ever kissed a girl? "Yeah,

I do it all the time!" Strangest place you've had sex?

"In Tesco!" Sex tip: "Always let the woman take control!"

Cross Gates



Nuts pays a Leeds cutie a visit!



Vikki Jane on... home!

"We're in Cross Gates, Leeds is the best place in the world. Everyone dresses well and everyone's funny and sexy. It's the perfect place to live!"

on... relaxing!

out than with a duvet, a pillow, a bottle of wine, a tub of ice cream and something girly like Vikki Jane on... partying!

"It takes me about 20 minutes to get ready - all I do is brush my teeth, dry my hair, do my make-up and off I go. I just can't wait to start partying!"



Bridget Jones! I'm a girly girl!"













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Hilarious. The funniest film since The Hangover - GQ







STORIES TO OUR SECRETARY!

holding onto a tree while he took me from behind. As his hands wandered southwards and he started touching me, I couldn't help but cry out in pleasure. To this day, we're not sure if anyone saw us but I love the idea that we were spotted. If you ever visit Cheddar Gorge, look for a tree with the initials "LM" and "ML" carved into

a tree and think of me! Loran, Portsmouth

'Her eyes were undressing me'

I work with a hot girl at our local leisure centre and a rumour went round that she was gay. Being the inquisitive type, I was

rumours are true, we've planned another steamy session for next week. I can't wait!

Amie, Essex

'The bed collapsed'

One day, my man and I went to the pub for a boozy afternoon. We started getting horny and I played footsie with his bulge under the table. We raced home and as soon as we got through the door, we ripped each other's clothes off and made for the bedroom. I took him in my mouth and before I knew it. he had me bent over the bed. We were at it like rabbits, not caring who could hear us, when the bed suddenly collapsed! As we looked around, we were actually on the other side of the bedroom - we'd moved the whole thing. We just laughed and carried on. Our bed was a total write-off and it cost us a few quid, but the fun we had that day was worth every penny. I wonder how long this new bed will last? Hopefully not too long!

Jade, Middlesbrough

while he watched us in the mirror behind me. Hardly standard medical practice, but the patient certainly wasn't complaining! Jodie, Southwark 'We got it on in the woods'

CONFESSION OF THE WEEK!

'I offered to be his nurse'

I went back to my old work for a few weeks and instantly made

friends with a new accountant who had joined the firm. We'd

flirted constantly during my time there but on my last day, he wasn't in the office and I was gutted. That night, feeling brave,

I found him on Facebook and sent him a saucy message.

He replied within minutes, explaining that he'd twisted his

ankle the night before and had called in sick. Overcome with

"sympathy", I offered to be his nurse. I was so nervous by the

time I arrived at his house but I couldn't wait to give him a full

appreciated oral relief with my lips, and even climbed on top of

him so he didn't have to move. I ended up riding him on the sofa

examination. While he rested his leg, I offered some much-

I've always fantasised about getting frisky in a public place, so when my boyfriend and I decided to go for a walk on a hot summer's day. I took the

opportunity to lead him into the trees. We could still see people walking around but we were hidden in the dark of the woods. I quickly unzipped his jeans and crouched to give him some special attention. Then I turned and lifted my skirt.

eager to find out if it was true, so one day after work, I invited her to join me for a session in the steam room. Seeing her hot body in a bikini made me moist in areas which the steam wouldn't normally reach. Sitting opposite me, I watched her eyes undressing me. Helping her out, I slowly undid my bikini top, revealing my hard, sweaty nipples. Her eyes lit up with excitement. We were both getting turned on enormously, with the extra thrill that anyone could walk in on us. Her hand started gliding up my thigh and I was getting wetter and wetter by the second - not just from the sweat! My hands had a mind of their own, wandering under her bikini top. I felt her moist, soft lips on my nipples - it felt like heaven. Now I know the

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on page 77. The best one each week* wins £50! Come on, girls!

NUES FASHON

There's no point getting fit if you don't look good into the bargain!

HUMMEL T-SHIRT £25

Perfect gym or training attire.

NIKE SPORTSWEAR "VAPOR" JACKET £70

Pound the pavements in style with this lightweight jacket.

McKENZIE BACK PACK £15

Something to sling all your sweaty gear into.

PRIMARK SHORTS

These'll get you change from a tenner – good times!

ONITSUKA TIGER MEXICO 66

This is a classic running shoe which looks cool, too.

STOCKISTS: McKENZIE & DUFFER: WWW.JOSPORTS CO.UK. G STAR & FILA: WWW.HOUSEOFFRASER.CO.UK. PRIMARK: WWW.PRIMARK.CO.UK. ONITSUKA TIGER: WWW.ONITSUKATIGER.COM. HUMMEL: 020 8275 1170







1 OSMO POWER DUST £10.50 Magic powder that freshens

up dirty hair, or adds texture. Stockist: osmo.uk.com

2 NIVEA SENSITIVE FACE CARE HYDRO GEL £9

Regular use of this gel actually reduces sensitive skin. Soothing! Stockist: nationwide

3 GILLETTE SERIES ENERGISING MOISTURISER £8

To go with the new ProGlide razor, this moisturises and gives sun protection. Brilliant stuff. **Stockist:** 00800 44 55 38 83

4 TRESEMMÉ 2 IN 1 CLEANSE AND REPLENISH SHAMPOO AND CONDITIONER £4

This giant bottle of shampoo will probably last you forever! Stockist: Boots

5 ADIDAS INTENSE TOUCH SHOWER GEL £3

A brand new scent in this range – a sweet, peppery lady-pleaser. Stockist: Boots

Nuts REVIEWS



POKÉMON BLACK & WHITE NO



The monstercatching juggernaut rumbles on, with bells and

whistles added, including 156 new Pokémon, three-on-three battles and completely reworked graphics. Online scrapping's been tweaked and improved, as has sharing your wee monsters. It's candy gaming, as ever, but still the consummate portable time killer. Well worth a play! ****



DEATHSMILES



Scrolling 2D shooter that appeals to casual (us) and

hardcore (bed-wetting) gamers alike, with difficulty levels rising alongside high-score possibilites. Something for everyone! ****



LORD OF ARCANA



A multiplayer online monster-battler – sound familiar? It has new magic and spells, but frankly, it's no Monster Hunter. ***

APPS!



JAY-Z DECODED

IPHONE, IPOD TOUCH, IPAE



Top app that promises to unlock the meanings behind the hip-

hop legend's songs. It also features interviews and the latest Jay-Z news. ****

RBS 6 NATIONS RUGBY



With the tournament now in full swing, go into egg-chasing

overload with this, featuring live scores, commentary, stats and videos! ★★★★



THE ASHES SERIES 2010/2011: BOX SET CERT N/A DVD



Forget all about England's dismal one-day series in Australia and feast your eyes on over nine glorious hours of highlights, interviews and general Aussiebashing, documenting the important stuff – England's first Ashes win in Australia for 24 years. It also includes a brilliant, 90-minute behind-the-scenes documentary. Awesome! ****

PARANORMAL ACTIVITY 2 CERT 15 DVD & BLU-RAY



After the first

Paranormal Activity,
we slept with the
lights on for weeks.
And guess what?
This one's even
scarier! ****

DUE DATE CERT 15 DVD & BLU-RAY



Robert Downey Jr is an expectant father on a calamitous road-trip, hoping to make it home for his kid's birth. Chortles aplenty! ****

EPISODES CERT 15 DVD



Comedy series about two writers remaking their Brit TV series in the US. Friends bloke Matt LeBlanc stars as himself! ***

MUSIC!



BEADY EYE DIFFERENT GEAR, STILL SPEEDING



Yes! The Oasis members who aren't Noel regroup for an album of big,

fat indie rock anthems, not unlike Oasis. Result! ****

JESSIE J WHO YOU ARE



The distinctly saucy Ms J weighs in with a debut set of urban-friendly

hip-pop, such as the naughty hit Do It Like A Dude. $\star\star\star\star$





Liam Neeson returns with more fighty heroics, like an older, craggier, Irish-er Jason Bourne. The Batman Begins star plays a top boffin who, following a car smash, loses his memory. With his missus (January Jones from Mad

Men) and identity stolen it's time to get even and rediscover who he is. But things are never what they seem in a thriller with more twists and turns than an F1 track that's been tied in a granny knot. Fans of Taken are gonna love this! $\star\star\star\star$





THE ADJUSTMENT BUREAU

Billed as Bourne meets Inception, a politician (Matt Damon) and a ballet dancer (Emily Blunt) try to outrun their fate in a weird and wonderful sci-fi romance that does The Matrix on the streets of New York, Bonkers! ***



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NUTS

It had been another long

night at the local

Wetherspoons

Glee fans need not look any further!

7-DAY TV LISTINGS **GUIDE!**



Freddie and co return!

A League Of Their Own Sky1/HD, 9.30pm

Gattuso had forgotten to take his medication SUNDAY Ghosts and ghouls! Being Human BBC3, 9pt

"No, Lionel - I want to be the one to pinch Song's knee!" TUESDAY Arsenal at the Nou Camp!
Barcelona vs Arsenal Sky Sports 2/HD, 7pm

SATURDAY

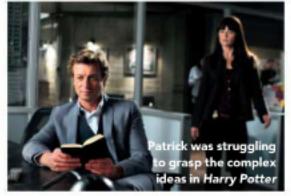
Quality kidnap thriller!

FRIDAY 4 MARCH



A League Of Their Own Sky1/HD, 9.30pm

The comedy sport quiz is back, with Jimmy Carr and Phil Taylor guesting this week. Bullseye! ★★★



The Mentalist

Channel 5, 9pm

Smug conman-turned-smug DRAMA detective Patrick Jane's back.

A journo's found dead at a martial arts dust-up – cue more smartarse crime-cracking. ★★★



TODAY'S

MUST-SEE

Friday Night Dinner COMEDY Channel 4, 10pm Another Friday night,

another dinner for our new favourite family of oddballs. Dad's caught peering into his pants with a magnifying glass. Eh? ★★★★

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 Cashin the Attic 12.15pm Barpain Hunt (R) 1.00 BBC News. Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am (Beebies 7.00 (BBC 8.30) CBeebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 EXC While ics 3.00 Warried Down Under (R) 3.45 Flog It! Ten of the Best 4.30 Cash in the Celebrity Attic 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 My Life in Books

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 Dickinson's Real Deal (R) 4.00 Midsomer Murders: Drama. (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

6.20am Sali Mali (Rt 6.25 The Hoobs (R) 7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Supernarmy USA 10.00 The Good Wife (Rt 10.55 Golds Clothes Roadshow (R) 12.00noor News Summary 12.05pm [31] Breakfast at Tiffarry's 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollypaks



6.00am Milkshaket 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 House (ii) 12.40 pm Five News 12.45 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 The Family Recipe (R) 3.15 ELV Family Gathering: Romantic family drama staming Natasha Henstridge and Harry Hamlin. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons Lisa accepts an invitation to join a Wiccan opven. (R)(HD)

7.30 The Middle The Heckfamily is thrown into financial crisis. (HD)

8.00 The Simpsons New episode in which Moe tums his tavem into a gay bar. This could be good! (HD)

8.30 Modern Family Mitchell wanders whether he unknowingly fathered a child in his "straight" days. (HD)

9.00 Raising Hope Hope gets a cold. (HD)

9.30 A League of Their Own Phil Taylor, Superbi (HD)

10.30 Louie Spence's Showbusiness Not superb. (R)(HD)

11.30 Got to Dance Orthis (RVHD)

12.50am Got to Dance - Results Show (R)(HD)

7.00 Five News at 7

7.30 Vets in Action Newly qualified vet Jo heads to a goat farm to examine the spread of an eye infection. Lovely. (R)

8.00 Ice Road Truckers The threat of an avalanche continues

to graw. Pesky snow.

9.00 The Mentalist MISSESS A insurability is found dood

at a mixed mortial arts contest.

10.00 Law & Order Green and Cassady investigate the murder of a sex offender.

organisation of child prodigies. (R)

11.55 Cops in Crisis Shocking shoot-outs and the like. (R)

7.00 The One Show Topical stories.

7.30 Rip Off Britain "They'll be charging us to breathe air next, you wait!" etc.

8.00 EastEnders

Tamwar and Afia are pleased when it seems their parents are getting along. You read it here first - two people getting along in EastEnders!

Mad questions with Clive Anderson. Phill Jupitus and Rich Hall. (R)

9.00 New Tricks

A conspiracy theory implicates the American government in a journalist's death. (R)

10.00 News, Weather

10.35 The Graham Norton Show

The host flaps his hands around a lot while chatting to guests.

11.20 The National Lottery Friday Night Draws

OJ Borg presents the draw.

11.35 A Time to Kill

John Grisham courtroom drama staming Matthew McConaughey and Sandra Bullock.

7.00 Athletics

Running, throwing and jumping fun from France.

7.30 An Island Parish

A problem with the ferries threaters: the holiday season. Hmm, where will all three tourists go now?

8.00 Mastermind

More people sit in a scary chair answering impossible questions.

8.30 Britain from Above

The influence of industry on the British landscape, Everything's become miles more polluted? (R)

9.00 Hidden Treasures of African Art

Griff Rhys Jones travels to Mali in West Africa to get all arty.

10.00 Fast and Loose With David Armand.

10.30 Newsnight

11.00 The Review Show

11.50 ICC Cricket World Cup Highlights

2003 New Zealand vs Zimb and Bangladesh vs West Indies.

12.50am The Mighty Boosh Live

Stage version of the show. (R)

7.00 Emmerdale More from the not-so-funny farm.

7.30 Coronation Street Frank admits he was drunk and

apologises for his actions. Let's hope he didn't hide the remote.

8.00 Children's Hospital More kids go under the knife.

8.30 Coronation Street Carla faces a dilemma. Not us though-watch Sky1!

9.00 Benidorm

Donald and Jacqueline start a collection for Madge.

10.00 ITV News, Weather

10.35 The Cube A baxer goes in the cube. (R)

11.35 Take Me Out

A chaplain, an IT executive, a deputy pub manager and a chip-shop boss run the gauntlet. (R)

12.35am The Zone

7.00 News

7.25 4thought.tv Religion and things.

7.30 Asian Gracefully A care home that caters solely for

Asian people. 8.00 Relocation:

Phil Down Under Phil revisits a family in Perth,

Australia. Let's hope he stays there.

9.00 Embarrassing **Bodies**

Dr Pixie meets a woman with a pair of unusual cysts on her head.

10.00 Priday **Night Dinner**

TOTAL More of the promising new comedy starring Will from The Inhabaneous Simon Ried

10,30 Rude Tube: **Epic Fails**

Nutty web dips. (R)

11.30 10 O'Clock Live With David Mitchell. (R)

12.35am Music on 4: Mercury Prize Sessions

12.50 CTRL MX Jessie J picks a gig line-up. (R)

10.55 NCIS The agents uncover a government

12.15am SuperCasino

SPORT

Sky Sports 1. 11.30am Bangladesh is West Indies, Sky Sports 1. 7pm Ice Hockey: Coventry Blaze vs Cardiff Devils, Sky Sports 2. 7.30pm Harlequins vs Huddersfield Gants, Sky Sports 1.

2am Sign Zone: South Riding (R)

2.40 In Plain Sight: Drama. (R) 3.25-5.30am ITV Nightscreen 1.20 My Name Is Earl (R) 2.05 Modern Toss (R) 2.30 EEU Teenage Paparazzo 4.10 Reaper (R) 4.55 5.20-6.05am Countdown (R)

3.55 Steam Motorsport Mundial 4.20 Royal Navy Caribbean Patrol (R) 5.10 Wildlife SOS(R) 5.35-6.00am House Doctor(R)

3.00 Horizon: How to Survive a Car Crash (R) 4.00-6.00am BBC News

3.15-6.00am BBC News

Nuts V

5 MARCH SATURDAY



Let's Dance For Comic Relief BBC1, 6.40pm

REALITY Among those making fools of themselves dancing are

Chesney Hawkes. Remember him? ★★★



Taken Channel 4, 9pm

Absolutely fantastic action thriller starring Liam Neeson as a former special agent whose daughter's kidnapped in Paris. So he goes to bring her back, kicking multiple asses along the way. Bam! ****



Boardwalk Empire

DRAMA Sky Atlantic/HD, 9pm Jimmy teams up with a very intriguing former sniper who happens to

be missing half his face, and Nucky revisits his youth. Not in a good way! ****

one

6.00am Breakfast 10.00 Saturday Kitchen Live 11.30 Raymond Blanc's Kitchen Secrets (R) 12.00moon BBC News, Regional News, Weather 12.15pm PROF Football Focus 1.00 Athletics: Running and things. 4.30 Street Final Score 5.20 BBC News, Regional News, Weather 5.40 All New Total Wipeout: International Special 6.40 FIELD Let's Dance for Comic Relief

TWO

6.00am CBeebies 7.00 CBBC 12.00 noon Escape to the Country (R) 1pm Bicentennial Man: Scili drame starring Robin Williams. 3.00 Into the West (R)-4.30 Athletics: The European Indoor Championships. 5.00 Churches: How to Read Them (R) 5.30 Rog It! (R) 6.00 The Story of Slapstick (R)

5.30am ITV News 6.00 CITV 9.25 Coronation Street 11.45 This Morning: Saturday 12.45pm Monk 1.40 ITV News, Weather 1.50 IIII Kindergarten Cop: Comedythriller starring Arnold Schwerzenegger. 4.00 ETC Scooby-Doo 2: Monsters Unleashed: Comedy: 5.40 Regional News, Weather 5.55 ITV News 6.10 New You've Been Framed! 6.40 Harry Hill's TV Burp

7.00am Superbike World Championship 2011 (R) 7.25 The Grid 7.55 The Morning Line 8,50 T4: Friends (R) 9,25 4Music Favourites 9.40 Friends (R) 10.15 4Music Favourites 10.50 Glee 11.45 Great British Hairdresser 12.45pm Video Exclusive 12.50 The Big Bang Theory (R) 1.50 1111 Racing 3.50 The Searct Supper Club 4.20 Come Dine with Me (R) 6.25 The Political Slot 6.30 News 6.55 4thought.tv

6.00am Milkshake! 10.00 Zoo Days (R) 10.10 How Do They Do It? (R) 10.45 The Gadget Show(R) 11.50 (ce Road Truckers [R]-12.50pm Ride Clear of Diablo: Western starring Audie Murphy. 2.25 THM Firecreek: Western staming James Stewart 4.25 Superman II: Favitasy sequel staving Christopher Reeve. 6.55 News

7pm The Simpsons Homerand Grampavisit Ireland (R)(HD)

7.30 Futurama A strange substance turns the crew into teenagers. (R)

8.00 Oops TV Clone of You've Been Framed, narrated by JLC. (R)

8.30 Futurama Fry is recruited to save the universe. No pressure then. (R)

8.00 The National Lottery: Secret Fortune Ball-plucking nonsense.

8.50 Casualty

Nita tries to run away. So will we in a minute - to the pub!

9.40 Live at the Apollo

Rhod Gilbert hosts stand-up giggles from the Hammersmith Apollo. (R)

10.10 News, Weather

10.30 Match of the Day

Highlights of today's Premier League goal-poaching, including Asseral vs Sunderland and Birmingham vs West Brom.

11.50 The Football League Show

Now it's the action from the lower-leagues, including the Championship match between topflight hopefuls QPR and Leicester.

7.00 Dad's Army (%)

7.30 A Million Books for Free: A Culture

Preview of World Book Night. No.

Live from Glasgow's Aye Write! Festival

Culture Show

9.55 World Book

10.00 Brideshead

Period drama. But hey-it's not about books! Small mercies, eh?

12.05am ICC Cricket

Stri Lanka vs Austral

Show Special

7.55 World Book Night

8.00 The Books We Really Read: A Culture Show Special

We'd prefer Dad's Armynight. Never thought we'd say that.

8.55 World Book Night Live from Bath Literature Festival Why are you still watching?

9.00 New Novelists: 12 of the Best from the

Night Live from Royal Festival Hall

Revisited

World Cup Highlights

Finally, something half-decent!

7.10 Ant & Dec's Push the Button

More fun and games with the professional cheeky chappies.

8.25 Take Me Out

A scientist, a decorator, a sports centre manager and an illusionist prepare to be humiliated.

9.40 The World Is Not Enough

Bond film with Pierce Brosnan. Agent 007 attempts to protect the daughter of an assassinated oil magnate from a psychotic terrorist.

10.50 ITV News, Weather

11.05 The World Is Not Enough

The last bit of the 007 film. Denise Richards is the Bond girl.

12.20am The Cube: Celebrity Special

Ricky Hatton takes part in a charity edition of the game show hostsed by old battleship-grey locks, Phillip Schafield. (R)

7.00 River Cottage

Every Day Hugh Fearnley-Whittingstall rustles up a fish curry for a house full affemale students. Now there's a man who knows a brilliant idea when he sees one! (R)

8.00 Seven Ages of Britain

The first age, between 6,000 BC and 1,000BC. A bit like your average city centre at chucking out time.(R)

Different action thefter starring Liam Neeson and Maggie Grace Approximately a million times better than World Book Night.

10.50 Flight of the

Air-crash survivors in the Gobi

the wreckage. See, they knew all

those hours gluing Airfix models

day. Dennis Quald stars.

together would come in handy one

12.55am Lady Vengeance

Korean thriller about a woman

murder of a child who plots a bloody revenge on those who framed her.

banged up for the kidnap and

desert try to build a new plane out of

Phoenix

7.45 CSI: Grissom's

to a murder investigation. (R)

An explosion at a mausoleum leads

Greatest Aman kills himself hours after

7.00 NCIS

winning a \$40 million slot-machine jadopot at a casino. Some people are just never satisfied, are they?(R)

8.40 CSI: Miami

Calleigh takes drastic action to foil would-be carjackers.(R)

9.40 CSI: NY

Mac investigates the murder of Chief Carver's sister.

10.40 CSI: Crime Scene Investigation

An old case is reopened. (R)

11.35 Forensic Files A neddace helps to identify a

murder victim. (R)

12.05am SuperCasino

4.05 Brian Sewell (R) 4.50 Animal Rescue Squad (R) 5.00 Hana's Helpline (R) 5.10 Milkshake! (R) 5.35 Thomas & Friends (R) 5.45 6.00am Roary the Racing Car(R)

Eddie Murphy. (HD)

II: The Klumps

Comedy sequel starring

9.00 Nutty Professor

11.05 Road Wars More crims in cars. (R)

12.05am Road Wars Dog handler Daryl and his German shepherd are on the trail of the drivers of a stolen car. that crashed in Exeter. (R)(HD)

Sports 1, 12,30pm Birmingham s West Brom, Sky Sports 2. 4.45pm Man City vs Wigan, ESPN. 5.15pm Cardiff vs Ipswich, Sky Sports 2, 3,30am Englandus outh Africa, Sky Sports 2.

Sky Sports 2. 12 pm India vs d, Sky Sports 2. 1pm MISTIGN Liverpool vs Man United, Sky Sports 1. 3.30pm Wolves vs Spurs, Sky Sports 1. 6.30pm Sparish Football, Sky Sports 1.

1.15-6.00am BBC News

SUNDAY 6 MARCH



Liverpool vs Man United Sky Sports 1/HD, 1pm

SPORT Always a spicy little tussle, this. Can King Kenny dent Sir Alex's title hopes in front of the Kop? ****



Hawaii Five-O Sky1/HD, 9pm

DRAMA The only girl on the team, Kono, revisits her surfing days after her old mentor bites the bullet - literally! As the team take the case, her former fella looks like prime suspect number one! ★★★



TODAY'S

MUST-SEE

Being Human

BBC3, 9pm DRAMA

Mitchell's feeling a bit brown in the pants department, mainly because he has four werewolves under his roof and it's almost full moon time. Fangtastic! ★★★

one

6.00am Breakfast 7.35 Match of the Day(R)9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Trades 12.00noon The Politics Show 1pm Bargain Hunt 1.30 EastEnders 3.25 Weakest Link 4.10 Escape to the Country 4.55 Songs of Praise 5.30 BBC News, Regional News, Weather 6.00 Nigel Slater's Simple Suppers (R) 6.30 The Boat that Guy Built (R)

6.00am (Beebies 7.00 CBBC) 10.00 Samething for the Weekend 11.30 Film 2011 with Claudia Winkleman (R) 12.00noon IIII in a Lonely Place: Film nair thriller sterring Humphrey Bogart 1.30pm Athletics: Running and things. 5.00 Coast (R) 5.20 Attenborough and the Giant Egg (R) 6.20 EEV Finding Neverland: Period drama.

5.30am ITV News 6.00 CITV 9.25 May the Best House Win (R) 10.25 The Biggest Loser (R) 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.30 ITV News, Weather 1.35 Columbo: Negative Reaction 3.35 Midsomer Murders (R) 5.35 Regional News, Weather 5.50 ITV News 6.05 Harry Hill's TV Burp (R) 6.35 Dancing on Ice

6.30am Sali Mali (R) 6.35 The Hoobs (R) 7.00 SSSS RS Freestyle World Ski Championships 7.30 That Paralympic Show (R) 7.55 T4: The Crush 8.20 Friends (R) 9.25 Hollyoaks 11.55 Glee (R) 12.55pm The Simpsons (R) 1.55 Jamie's 30 Minute Meals (R) 4.25 Deal or No Deal 5.30 Time Team 6.30 News 6.55 4thought.tv

6.00am Milleshaket 10.00 Zoo Days (R) 10.15 Street Market Chefs (R) 10.45 Stansted: The Inside Story (R) 11.45 Cowboy Builders (R) 12.45pm Cowboy Builders (R) 1.50 remake, 3.35 Five News 3.45 Spy Kids: Children's action comedy staming Antonio Banderas, 5.35 BUIL Superman II: Fantasy adventure with Christopher Reeve.

7pm The Middle And takes care of a fake robotic baby. As you do. (R)(HD)

7.30 Modern Family Mitchell wanders whether he unknowingly fathered a child in his "straight" days. (R)(HD)

8.00 Raising Hope Jimmy lines up a second job at the grocery store. (R)(HD)

8.30 The Simpsons Moe achieves massive success when he turns his pub into a caybar, Genius, (R)(HD)

9.00 Hawaii Five-0 HUNTER An hour of rip-moving

action, guns, girls and funt (HD)

10.00 NCIS: Los Angeles Sam goes undercover as a prisoner. (HD)-

11.00 House Foreman volunteers to coach Taub before an exam. (R)(HD)

12.00m/t Road Wars A dog handler is called to assist. in an arrest, (RY(HD))

7.00 Countryfile

Tonight, the exploration and history of the Thames Estuary. Bore off!

8.00 Antiques Roadshow Old biddies get old items valued.

9.00 South Riding

Allawsuit leaves Robert facing ruin.

10.00 News, Weather

10.25 Outcasts

Cass fears his true identity is about to be revealed, D'oh!

11.25 The Sky at Night

Interested in stars? No, not famous people-the ones up there in the sky. Nape, didn't think so.

12.05am Reggie Perrin Reggie becomes the boss. (R)

12.35 Lead Balloon

Och, we've just heard there's a brand new series of this coming in May! That is pleasing! (R)

8.00 Top Gear

Now the series has come to an end (boo!), this is a highlights episode.

9.00 Wonders of the Universe

Profiboff Brian Cox ponders what it's all about. Beer and girls?

10.00 Match of the Day 2

The day's Premier League action, featuring the tasty looking matches between Liverpool and Man United and Wolves vs Spurs.

11.00 ICC Cricket World Cup Highlights

Ball-bashing antics with England vs South Africa and India vs Ireland, both in Group B.

12.00m't Fast and Loose

Hugh Dennis presents the improvised comedy show. (R)

12.30am **Zidane: A** 21st Century Portrait

Weird, poncy sports film where 17 cameras track the baldy Frenchman during a match between Real Madrid and Villameal.

8.30 Wild at Heart

Animal-based bobbins.

9.30 Dancing on Ice: The Skate Off

Just to ramp up the excitement level, pop the skaters on a thin ice lake with sharks under the surface. We bet you'd watch that!

10.05 ITV News, Weather

10.20 My Dad's Army The children of servicemen killed in

Afghanistan talk about their losses.

11.20 Premiership Rugby Union

Highlights of the weekend's egg-chasing, including Gloucester vs Bath, Exelerys Northampton and Leicester vs Sararens.

12.20am The Zone

7.00 Come Dine with Me

Aloud Yank woman, avegetarian, a wisecracking DJ and a financial advisor cook for each other.

8.00 Civilization: Is the West History?

A spoddy historian explores how Western divilisation came to dominate the world. Dull.

9.00 Country House Rescue

Anywords in the title of this show make you think this is going to be worth watching? Didn't think so.

10.00 Mr. & Mrs. Smith

Brad Pittand Angelina Jolie are a pair of married assassins unaware of one another's real professions - until they're ordered to kill each other. It's alright, too!

12.15am Music on 4: Elbow: Album Chart Show Special

Elbow perform songs from their album Build a Rocket Boys!

12.45 Album Chart Show Introduces: The Pierces

8.00 Royal Navy Caribbean Patrol

HMS Manchester is put on storm alert as humicane season starts. (R)

9.00 Bulletproof

Action comedy starring Damon Wayans and Adam Sandler as an undercover cop and a crook who team up to catch a drugs baron.

10.45 Stir Crazy

Offbeat comedy staming Gene Wilder and Richard Pryoras two unfortunates who are thought to be bank robbers. It's really old, but it's really:funny, too!

12.55am Cops in Crisis Plod in peril. (R)

Just tell us what you

1.10 Sign Zone: Faulks on Fiction (R) 2.10 Holby City (R) 3.10 Imagine (R) 4.10-6.00am BBC News

2.00 BBC News 4.10-4.40am The Super League Show

2.00 Title The Caldium Kid: Spool starring Orlando Bloom. 3.30-5.30am ITV Nightscreen 1.00 British Sea Power 1.15 Going Back 2.05 The Fairy Johnnother (R) 3.00 The Family (R) 3.55 Without a Trace (R) 4.40 Reaper (R) 5.25-6.10am Countdown (R)

1.10 Casino 4.05 Brian Sewell 4.50-5.00am Animal Rescue Sauad

OUT THE SURVEY

Nuts

7 MARCH MONDAY



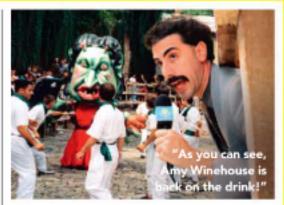
Shutter Island

Sky Movies Premiere/HD, 8pm Leonardo Di Caprio investigates an escape from a lunatic asylum. But all is definitely not what it seems in this twisty thriller from Martin Scorsese. ***



Ross Kemp: Extreme World Sky1/HD, 9pm

DOCU Kemp visits Juarez, a drug-smuggling stop-off point fought over by warring cartels. Chilling stuff! ****



Borat Channel 4, 10pm

FILM Sacha Baron Cohen takes his Kazakh TV reporter to the US to confuse, infuriate and generally make fools of Americans, including an unforgettable scene at a rodeo. Utterly brilliant! ★★★★

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11,00 Wreck or Ready? 11.30 Cash in the Attic 12.15 pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

Topical twaddle.

Regional rubbish

7.30 Inside Out

8.00 EastEnders

More squabbles in the Square.

8.30 Smoking and the

The criminal trade in smuggled fags.

A thief speeds the wrong way down

a motorway. Clearly little more than

Bandits: Panorama

9.00 Motorway Cops

10.00 News, Weather

Agnes worries about Dermot's

anvone actually cares.

11.05 Late Kick Off

lower-league footy fun.

Norton Show

Excitable that, (R)

12.25am The

new hotel in Vegas.

Apprentice USA

11.35 The Graham

10.35 Mrs Brown's Boys

choice of best man. We're worried

Around-up of the weekend's

The teams promote Donald Trump's

an attention seeker (R)

TWO

7.00 Parents

Under Pressure

8.00 University

Kitchen Secrets

to lamb dishes. Baa!

Meets Old Age

Challenge

Spod wars.

Why raising kids is a nightmare.

8.30 Raymond Blanc's

Raymond Blanctums his attention

The young people take their wrinkly

Rhod Gilbert guest hosts the nutty

9.00 When Teenage

new pals home with them.

10.00 Never Mind

the Buzzcocks

comedymusic guiz. (R)

10.30 Newsnight

11.20 ICC Cricket

World Cup Highlights

It's the biggie - Canada vs

Kenyal Oh, OK-not that big then.

12.20am An Island Parish

A problem with the ferries threatens

actually have a tourist industry? (R)

the holiday season. Huh? They

12.50 BBC News

6.00am CBeebies 7.00 CBBC 8.30 (Beebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Murder (R) 1.45 To Buy or Not to Buy 2.30 Nature's Top 40 (R) 3.00 Flog It! 3.45 Helicopter Heroes (R) 4.30 Cash in the Celebrity Attic 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.40am Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Supernanny USA 10.00 The Good Wife (R) 10.55 Relocation: Phil Down Under (R) 12.00noon Channel 4 News Summary 12.05pm The TV Book Club 12.30 Death Drums Along the River 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me (R) 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Build a New Life in the Country (R) 12.05pm Meals in Moments (R) 12,10 Five News 12.15 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Animal Rescue Squad (R) 3.25 WW Avenging Angel: Western starring Kevin Sorbo. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons Marge stimulates the children's interest in history. (R)

7.30 The Simpsons The family spend Christmas on a ranch, where Lisa falls in love with an older boy. (R)

8 00 Road Wars Officers from Texas deal with armed carthieves. (R)

HUU Hoss Kemp: Extreme World 900 Ross Kem

The actor heads to the Mexican city of Juane. Heck, Ress-there must be an easier way to make alloing! (HDI)

10.00 A League of Their Own

Jimmy Carr and Phil Taylor join team captains Jamie Redknapp and Freddie Flintoff (R)(HD)

11.00 Inside: Gangs Behind Bars Cameras explore California State Prison, Sacramento, (R)

12.00m't Mental Jack examines a suspicious accident on a building site. (HD)

7.00 News

7.55 4thought.tv Debate about Scientology. Oh, don't -you'll only get Tom Cruise started.

8.00 Dispatches: Selling Off Britain

9.00 One Born

Every Minute

shortage of beds.

10.00 Borat

The maternity ward suffers a

Everything must go! Including this programme! Flick!

9.00 Royal Navy Caribbean Patrol HMS Manchester is in Barbados

7.00 Five News at 7

Some bloke visits an airline's

engineering facility in Dubai.

8.00 The Gadget Show

Ortis Deley reviews the latest must-

have gadget toys. Lucky old Ortis.

7.30 How Do They Do It?

when news comes in that a large humicane has hit St Lucia.

10.00 Kill Switch

Wandering where all the Steven Seagal films have been this week? Wander no more - there's one here. A police detective pursues a pair of serial killers in Memphis.

vs Kenya, Sky Sports 1 7.30pm Blackpool vs Chelsea, Sky Sports 1. 7.30pm Dundee United is Aberdeen, ESPN, 12am NHL Ice

11.55 Ultimate Fighting Championship

A chance to see the 2006 welterweight scrap between Matt Hughes and Royce Gracie. It was UFC 60, by the way.

12.55am SuperCasino

Hodkey: Tampa Bay Lightning vs. Washington Capitals, ESPN.

Sports 1. 7 pm MUSISSIN Barcelona vs Arsenal, Sky Sports 2. 12m t Basketball, ESPN.

7.00 Emmerdale

Jimmy goes for a walk around the village. It's adrenaline-fuelled stuff!

7.30 Coronation Street Cobbled-street codswallan.

8.00 The Lakes

A couple marry each other for the second time. Didn't they find the first time stressful enough?

8.30 Coronation Street

More women in hairnets whack their husbands with rolling pins.

9.00 Law & Order: UK

Brooks and Devlin investigate when a former top-flight footballer is murdered in London.

10.00 ITV News, Weather

10.35 New Homes from Hell 2009

Luxury property disasters. (R)

11.35 River Monsters Jeremy Wade hunts for the goliath tiger fish. The big loon! (R)

12.30am The Zone

laught with Sacha Bayon Cohen. causing mayhem in the States. One of the furniest films, well-word

MANAGEM Hillselpurchy offernion

11.40 Nacho Libre

Mexicanfriar Jack Black adopts a double life as a masked wrestler to raise money for an orphanage and hopefully impress a beautiful run.

1.05 The Apprentice USA 1.55 Sign Zone: Silk(R) 2.55 Imagine (R) 3.55 Life in a Cottage Garden with Carol Klein (R) 4.25-6.00am BBC News

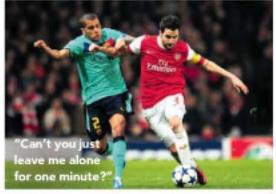
4.00-6.00am BBC Learning Zone

2.35 QUEFA Champions League Weekly 3.00 The Jeremy Kyle Show: Shouty shenonigans. 3.55-5.30am (TV Nightscreen

1.20am Rome Wasn't Built in a Day (R) 2.15 Royal Deaths and Diseases (R) 3.10 Codex (R) 4.05 The Bible: AHistory (R) 5.00 Resper (R) 5.45-6.10am Wogan's Perfect Recall (R)

3.55 Your Sport 4.05 Brian Sewell's Grand Tour (R) 4.50 Nick's Quest (R) 5.10 Wildlife SQS (R) 5.35-6.00am House Doctor (R)

TUESDAY 8 MARCH



Barcelona vs Arsenal

SPORT Sky Sports 2/HD, 7pm

Crunch time! Arsenal head to

the Nou Camp with a 2-1 lead, keen to show that they, and not their mighty Catalan foes, are the kings of beautiful football. $\star \star \star \star \star$



CSI Channel 5, 9pm

DRAMA A casino balcony fall's looking suspicious, and not because

he's just put the mortgage on red. Sara also investigates a double murder where the clues don't add up. There's a surprise! ★★★



TODAY'S

Blue Bloods

DRAMA Sky Atlantic/HD, 10pm The family of NYPD cops

are on the trail of a murderer when three kids die after taking drugs at a party. Entertaining stuff, as always. ★★★

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Wreck or Ready? 11.30 Cashin the Attic 12.15pm Barpain Hunt (R) 1.00 BBC News. Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am (Beebies 7.00 (BBC 8.30) CBeebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Murder(R) 1.45 To Buy or Not to Buy 2.30 Nature's Top 40 (R) 3.00 Flog Itl 3.45 Helicopter Heroes (R) 4.30 Cash in the Celebrity Attic 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders: Rubbish crime drama. (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Supernanny USA 10.00 The Good Wrife (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm River Cottage Bites (R) 12.15 EX The Long Memory 2.05 Cookery School 3.10 Countdown: With John Parrett. 3.55 Deal or No Deal 5.00 Come Dine with Me (R) 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyceks

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Build a New Life in the Country (R) 12.05pm Meals in Moments (R) 12.10 Five News 12.15 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.15 RLW The Royal Scandal: Mystery. 5.00 Five News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons Marge poses for a sexy charity calendar. (R)(HD)

7.30 The Simpsons Marge is peeved cause of mixed martial arts. (R)(HD)-

8.00 Live to Dance The American version of Got to Dance. (R)(HD)

9.00 Victoria Wood's Angina Monologues An evening offemale comics. We'll stick to the likes of Carr

and Bishop, thanks. (R)(HD) 10.00 Nutty Professor

II: The Klumps Comedy sequel starring Eddie Murphy in various fat suits, with fart jokes aplenty. It's quite funny, too. (HD)

12.05am Alex Zane's Guest List (R)

12.35 Mental Jack treats a construction worker. (RXHD)

7.00 The One Show Topical nattering.

7.30 EastEnders More Codoney misery.

8.00 Holby City

Frieda encounters a patient who has a fear of doctors. Just knock him out-it'll all be fine.

9.00 Silk

Martha defends a teenager accused of having sex in public.

10.00 News, Weather

10.35 Neighbourhood Watched^{*}

Officers put an end to the antics of two party-loving single mums.

11.20 Girls Behind Bars

One of the oldest immates is transferred to a halfway house.

12.25am Sign Zone: See Hear R

12.55 Human Planet

Survival techniques used by people living in grasslands. Ace! (R)

7.00 Wonders of the Universe

The meaning of the world, or something like that, arryway. (R)

8.00 The Hairy Bikers: Mums Know Best

Recipes passed down through generations. Like beans on toast?

9.00 Horizon: Predators in your Backyard

Apparently there's a new population of panthers in Florida. Cripes!

10.00 How TV Ruined Your Life

Charlie Brooker gets angry.

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights

Highlights of the Group A willow-waving between New Zealand and Pakistan.

12 20am RRC News

7.00 Emmerdale

Jai confronts Cain and offers him money to stay away from Charity. But we thought you're meant to give to charity? We're confused.

7.30 Grimefighters

More fifth and grime. Don't watch this while you're having dinner.

8.00 Lion Country

All about the kings of the jungle.

9.00 Caroline Quentin: A Passage Through India

The only passage through India we're thinking of making is to our local curry house.

10.00 ITV News, Weather

10.35 The Big Tease

Comedy about a Glaswegian hairdresser who travels to LA for the final of a hairdressing compettion. Crikey, what we'd do for a JCVD or Seagal film about now.

12.10am The Zone

7.00 News

7.55 4thought.tv

8.00 Gok's Clothes Roadshow

Super-camp bloke dresses women. ffyou like this, you'll lave Glee...

9.00 Heston's Mission Impossible

Heston tries to revolutionise airline food. We were once on a plane when the pilot actually apologised because our meals looked like-cat. food. Hmm-big job, Heston!

10.00 Shameless Shane's actions cause an outory.

11.05 The Big C Cathy catches Adam looking at adult

material on the internet. He's a man after our own hearts!

11.45 Facejacker The various incamations of

Phonejacker, Kayvan Novak. (R)

12.15am UK & Ireland Poker Tour

Card action from the prestigious event in Galway.

7.00 Five News at 7

7.30 Extraordinary Dogs The story of a woman with diabetes

whose mutt can detect when her blood sugar is low. Genius!

8.00 Stansted: The Inside Story

An engineer checks the strip's landing lights. At first, we thought it said an engineer checks the stripper's landing strip. Whoops!

WIND A man falls to his death from a casino balzono. Or does he?

10.00 CSI: Miami

A census taker's body is discovered in the boot of a car. (R)

10.55 CSI: NY

The team links two seemingly unconnected murders, (R)

11.55 CSI A big-name poker playeris murdered.(R)

12.50am Super Casino

3.55 Your Sport 4.05 Brian Sewell 4.50 Nick's Quest 5.10-5.35am Wildlife 505

EACH TEXT

Choose your download and text the KEYN 2 Download your product, sit back and enjoy

1.55 When Teenage Meets Old Age (R) 2.55 The Foods That Make Billions (R) 3.55-6.00am BBC News

4.00-6.00am BBC Learning Zone

2.15 Crossing Jordan: Drama. 3.00-5.30am ITV Nightscreen 1.15 World Ski Championships 1.40 Freesports on 42.10 The Grid 2.35 KOTV Boxing 3.05 Powerboating 3.35-4.00am

Britain's Favourite Yacht Race

Nuts

9 MARCH WEDNESDAY



Spurs vs AC Milan

SPORT ITV1/HD, 7.30pm Tottenham aim to follow up a 1-0 win in the San Siro by knocking out the Italians. Sadly, the Champions League's top nutjob, Gattuso, is banned! ****



The Sopranos

DRAMA Sky Atlantic/HD, 9pm
Tony and daughter Meadow

go on a bonding trip to view potential colleges. Touching, until Tony spots a former colleague-turned-snitch. Uh-oh! ***





Sons Of Anarchy

DRAMA Five USA, 10pm Clay and Jax's feud has

escalated, so something's got to give! Chuck, a guy who literally can't stop "selfloving", offers some light relief! ***

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the

TWO

6.00am (Beebies 7.00 CBBC 8.30 (Beebies 11.30 Daily Politics 1pm See Hear 1.30 The Hairy Bakers (R) 1.45 To Buy or Not to Buy 2.30 Nature's Top 40 [R] 3.00 Flog It! 3.45 Helicopter Heroes(R) 4.30 Cash in the Celebrity Attic 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase (R) 6.00 Regional News. Weather 6.30 ITV News

6.10am The Treade People (R) 6.20 The Hoobs (R) 7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Supernanny USA 10.00 The Good Wife(R)10.55 Country House Rescue (R) 12.05pm Fill Drums Along the Mohawk 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me (R) 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Build a New Life in the Country (R) 12.05pm Meals in Moments (R) 12,10 Five News 12.15 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Rough Guide to Cities (R) 3.20 ELV Circle of Friends: Suspense thriller staning Julie Benz. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

Hammer 11,00 Wreck or Ready? 11.30 Cash in the Attic 12.15 pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show Topical chatter.

7.30 The Boat that Guy Built

Guy Martin tries to get the shower on his narrowboat working. It doesn't get much more thrilling than that. Actually, that's true where BBC1's concerned tonight.

8.00 Waterloo Road

Sam realises Finn's intention to mentor Denzil is genuine.

9.00 MasterChef

The nine remaining contestants make more complicated dishes.

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws

Fortunes are made. Or not

10.45 Film 2011 with Claudia Winkleman

Including a review of new Farrelly Brothers' comedy Hall Pass.

11.25 The Killing Fields

Oscar-winning true-story drama about the friendship of an American journalist and his Cambodian friend and translator.

7.00 Escape to

the Country Afamily search for a large property in Somerset with an office, five bedrooms, a garage and a paddock for raising llamas. Good idea - never, repeat, never buy a house without at least one llama paddock. (R)

8.00 Great British Food Revival

Cooks help to bring traditional produce back to the nation's kitchens. That sounds distinctly microwave-free to us. We're scared.

9.00 23 Week Babies: The Price of Life

The decisions involved in treating babies born prematurely.

10.00 Have I Got Old News for You

With guest Miranda Hart off unfunnysitcom, er, Miranda (R)

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights

India vs Netherlands at the Feroz Shah Kotla in Delhi, India.

12.20am Timeshift: The Modern Age of Coach Travel

Exploring Britons' lave of coach journeys in recent years. Really? Are we missing something?

7.00 Emmerdale

Charity humiliates Cain in the pub. Much, much more importantly though, the footy starts soon!

7.30 UEFA **Champions League**

MEST SEE Harry Reknapp's Spurs hope to finish the job they started against AC Milan a few weeks ago. They lead 1-0 going into the last-16 second leg. It kids off at 7.45pm. All the ingredients we need for a night in front of the tolly with some beers!

10.00 ITV News, Weather

10.35 UEFA Champions

Highlights of the latest last-

16 second-leg ties, including Spurs

vs AC Milan at White Hart Lane and

Barcays Arsenal at the Nou Camp.

11.35 Police, Camera,

Gethin Jones investigates the

12 30am The Zone

dangers posed by young drivers. (R)

Action!

League: Extra Time

7.00 News

7.55 4thought.tv

8.00 Beauty and the Beast: Ugly Face of Prejudice

A make-up artist's obsessions.

9.00 Jamie's Dream School

Do-gooding egg-whisker Jamie Oliver taddes discipline with a load afyoungsters. Good luck!

10.00 The Model Agency Conflict erupts during Landon

Fashion Week, Catfights, eh?

11.05 Shameless

Shane's actions at a charity night cause a public outory. (R)

12:10am Music on 4: 4Music Favourites: Jessie J

The singer-songwriter performs songs from her debut album. (R)

12.40 The Album Chart Show Spotlight

12.55 Mercury Prize Sessions

A performance by producer and singer James Blake in London. (R)

7.00 Five News at 7

7.30 Starlight: For the Children

Aboy with leukaemia meets John Torode and Gregg Wallace - the judges from MasterChef.

8.00 Cowboy Builders

A family from Bolton with a bungled bungalow extension. (R)

9.00 NCIS

A marine is killed after changing his religious persuasion.

10.00 Law & Order: Criminal Intent

A former child star is found dead. (R)

10.55 Law & Order: Special Victims Unit

Benson and Stabler investigate a series of rapes. Grim. (R)

11.55 Poker

Highlights of a recent event involving card laying, dark rooms and even darker glasses.

12.55am SuperCasino

3.55 Your Sport (R) 4.05 Brian Sewell's Grand Tour (R) 4.50 Nick's Quest (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor (R)

7pm The Simpsons Milhouse moves to Capital City with his mother (R)

7.30 The Simpsons Homer is banned from driving,

forcing Marge to take charge of the family car. (R)

8.00 Louie Spence's Showbusiness

The dance teacher puts together a revue show in the West End. Three words: Watch. The. Football! (HD)

9.00 An Idiot Abroad

Karl Pilkington visits Peru, where he fails to impress a local tribe. Acel (R)(HD)

10.00 Mad Dogs

Barricaded in their villa, the friends are keen to end their Majorcan nightmare. (R)(HD)

11.00 Ross Kemp: Extreme World

The actor heads to the Mexican city of Juanez. (RIXHD)

12.00m/t Drugs Wars: DEA

Group 14 mounts an operation to destroy dope houses. (R)

Sports 1.7pm Schalke 04 v Valenda, Sky Sports 2. 7.30pm MISTED Spors vs AC Wilan, ITV1. 1am NBA Baskethall: New Orleans ets vs Dallas Mavericks, ESPN. 3.30am NHL Ice Hockey, ESPN.

SPORT

Sky Sports 1. 6pm Europa League Football, ESPN. 7 pm Dar Sky Sports 1. 7pm Golf, Sky Sports 2. 7.30pm Europa League Football, Channel S. 8pm Europa League Football, ESPN.

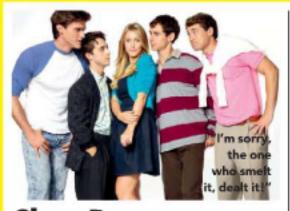
1.45am Sign Zone: Country Tracks: With Helen Skelton. (R) 2.40 Toughest Place to Be a Paramedic (R) 3.40 The Foods That Make Billions (R) 4.40-6.00am BBC News

2.30 TimeCop: The Berlin Decision: Sci-fi thriller sequel. 3.55-5.30am (TV Nightscreen

1.20 One Under 1.45 This is Me (R) 1.50 Frontier House (R) 2.45 Without a Trace (R) 3.30 Hill Street Blues (R) 4.20-5.10am Resper(R)

1.10 Life, Death and Suffer Story

THURSDAY 10 MARCH



Glory Daze E4, 9pm

COMEDY More from the '80s-based college campus comedy.

The socially inept new pledges have to get hold of a very specific gift for The Oracle the cue for some amusing high jinks. $\star\star\star$



The Ricky Gervais Show Channel 4, 11.35pm

COMEDY A second series of animated ramblings from Ricky, Steve Merchant and oddball Karl Pilkington! ★★★★

That's it, I'm bring out the tickling stick!'

TODAY'S

MUST-SEE

V PICKS!

Unthinkable

FILM Sky Movies Prem/HD, 12.05am In this classy, post-9/11 thriller, a terrorist claims to have hidden three nuclear bombs. Desperate agents have no option but to use brutal torture. Ouch! ***

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Wreck or Ready? 11.30 Cashin the Attic 12.15pm Bargain Hunt [R] 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am (Beebies 7.00 (BBC 8.30 GMT with George Alagiah 1.00 (R) 4.30 Cash in the Celebrity Attic 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1,30 ITV News 1.55 Regional News, Weather 2.00 House Gift 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders: Crime drama (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Supernanny USA 10.00 The Good Wife (R) 10.55 The Restoration Man (R) 12.00noon News 12.05pm River Cottage Bites (R) 12.15 EX Sea of Sand: Action drama. 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me (R) 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wright Stuff 11.05 Cowboy Builders (R) 12.05pm Meals in Moments (R) 12.10 Five News 12.15 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Rough Guide to Beaches (R) 3.20 Lies and Deception: Thriller staming Mädchen Amick and Andrew Walker. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 Five News at 7

7.30 UEFA Europa

League Football

All the action from a last-16

first-leg encounter in European

football's second dub competition.

10.10 The Longest Yard

Cornedy remake starring Adam

Sandlerand Burt Reynolds, Barely

watchable it is, too. After causing an

accident, an American Football

quarterback

(Sandler) is sent

to prison and is

coerced into

coaching the

prison team.

7pm The Simpsons Marge and Homer go on a second honeymoon. (R)

7.30 The Simpsons Bart separates from his parents and moves into a loft. (R)

8.00 Hawaii Five-0 Things get personal for Kono when her former surfing mentor is shot dead. (R)(HD)

9.00 Thorne: Sleepyhead DITom Thome investigates when three women are

murdered.(R)(HD)

10.00 House

The medic takes part in a school's career fair. (HD) 11.00 NCIS: Los

Angeles Sam goes undercover as a prisoner.(R)(HD)

12.00m't Miami SWAT The work of the Miami SWAT team. Probably mainly involves choosing sunglasses. (R)(HD)

7.00 The One Show

More random ramblings.

7.30 EastEnders

Shirley faces up to a future without Phil. Can't help but think you can probably do better, love.

8.00 Bang Goes the Winter Weather Special

Using a weather chamber to recreate wintry conditions. Or just step outside and feel the real conditions? We're perplexed.

9.00 Comic Relief: Famous, Rich and in the Slums

The celebrities move in with four families in Kenya. And then they go backhome to their rich and luxurious lives, no doubt. Cheats!

10.00 News, Weather

10.35 Question Time

11.35 This Week Political peop.

12.25am Sign Zone: Smoking and the Bandits: Panorama (R)

12.55 Countryfile Something about the Thames. (R)

4.25-6.00am BBC News

(Beebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm Diagnosis Murder(R) 1.45 To Buy or Not to Buy 2.30 Nature's Top 40 (R) 3.00 Flog Itl 3.45 Helicopter Heroes

7.00 The Culture Show

The history of animal stuffing,

otherwise known as taxidermy

8.00 A Farmer's Life

team up for the first time, and

hardly The Apprentice, is it?

The would-be farmers are forced to

challenged to sell dairy products. It's

9.00 The British at Work

Kirsty Young explores British

World War, Good for her, We, on the

other hand, are changing channels.

lt's a re-run, but it's still alright. (R)

11.20 ICC Cricket World

Ball-dobbering between Sri

working lives since the Second

10.00 Mock the

10.30 Newsnight

Cup Highlights

Lanka and Zimbabwe at the

Pallekele International Cricket

Stadium in Kandy, Sri Lanka.

This was on earlier. No. ta. (R)

12.20am The

Culture Show

Week Again

for Me

7.00 Emmerdale

Jimmy books an appointment to see a hypnotherapist to help him realise he is not a goat. Maybe.

7.30 Make Your Own School: Tonight Ordan't?

8.00 Emmerdale

"I'm not a goat, I'm not a goat!" etc.

8.30 Coronation Street

9:00 Monroe

Drama following the professional and personal life of a neurosurgeon, apparently.

10.00 ITV News, Weather

10.35 Benidorm

Noreen checks in at the Solana with her daughter. (R)

11.35 Send in the Dogs German shepherd Riley tracks down a runaway motorist. (R)

12.30am The Zone

7.00 News

7.55 4thought.tv

8.00 Relocation, Relocation

People move, get help, etc.

9.00 Love Thy Neighbour

A lesbian couple and a single mother compete to win a cottage in Grassington. We know who we're rooting for. Wait, are they hot?

10.00 10 O'Clock Live

With David Mitchell . Jimmy Carr. Charlie Brooker and Lauren Laverne.

11.05 Friday Night Dinner

This was on the other night. It's quite amusing, too. (R)

11.35 The Ricky **Gervais Show**

INVESTIGATION Animated comedy-sketches using recordings from the Gervais podcasts. Karl Pflkington's ace on id-

12.05am Music on 4: CTRL MX

12.40 On Track With Bombay Bicycle Club. (R)

12.55 On Track (R)

Super Casino

3.55 Your Sport 4.05 Brian Sewell 5.35-6.00am

House Doctor (R)

12.20am

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1.55 Antiques Roadshow: Old stuff is valued (R) 2.55 The Foods That Make Billions (R) 3.55 Rip Off Britain

1.20 BBC News: Headlines. 4.00-6.00am BBC Learning Zone 2.30 The Jeremy Kyle Show(R) 3.25 Make Your Own School: Tonight (R) 3.50-5.30am ITV Nightscreen

1.10 The Crush: With Katy B. 2.00 The People's Supermarket 2.55 a Trace (R) 4.30 Reaper (R)

Selling Off Britain (R) 3.45 Without

5.20-6.05am Countdown (R)

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Nuggets of truth mined from the coalface of Planet Fact

Onlookers stifled laughter after Jay Kay's ejector seat mishap Just look at these beautiful juicy balls!" this weirdking pale bird?"

ne Formula Rossa rollercoaster in Abu Dhabi's Ferrari World goes from zero to 60mph in two seconds.

If you combine the highest fees paid during the last transfer window in the Dutch, French, German, Italian, Spanish, Portuguese, Russian and Turkish leagues, they total £39.6m - £10.4m less than what Chelsea paid for Fernando Torres.

in 2008, a cornflake shaped like the state of Illinois sold on eBay for £900.

In 2008, Art Price Jr of Bellevue, Ohio, was arrested for having sex with a picnic table. He put his penis in the hole designated for the umbrella stand.

in 2004, a Somerfield advert was banned for using the phrase "I've nothing against faggots, I just don't fancy them", despite the act it was referring to meatball.

A British yacht designer has unveiled plans for "The Streets Of Monaco", a vessel including a scaled-down replica of the principality - complete with the Formula One track.

Undertakers Leverton & Sons nave a hermetically-sealed coffin ready in case a Royal Family member dies while abroad

Genuphobia is the fear of knees.

Steven Gerrard is currently 25/1 with 888Sport to be cast in the imminent remake of footballing film Escape To Victory.

has had 28 different works of fiction published

PUB AMMO ON...

Blumenthal's miniature waiters were cute



- Back in medieval times, royal chefs would often place a whole cooked bird on top of a pie to identify its contents.
- Similarly, the Cornish dish of stargazy pie includes fish-heads poking through the crust and "looking" at the stars.
- Every year, Edinburgh's

- Scotch Pie Club holds a World Scotch Pie Championship.
- In Frenchspeaking parts of Canada, cottage pie is called paté chinois, or Chinese pie.
- British Pie Week starts on Monday 7 March. You can find out more info at www. britishpieweek. co.uk



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